

Special Fall Orientation Edition

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Conestoga College, Kitchener, Ont.

September 3, 1991

Police still investigating Doon computer thefts

By Nate Hendley

Several computer thefts at the Doon campus of Conestoga College has baffled police and concerned college security.

On the morning of Wednesday, Aug. 7, a computer valued at \$2,100 was stolen from a journalism computer lab on the fourth floor of the main building on Doon campus. Some time earlier, between Aug. 2 and 5, a computer was stolen from a lab room in the Doon main building and a laser printer disappeared from the administration building.

Waterloo Region police and campus security are investigating the thefts but have no leads yet.

"The computers were probably stolen to sell," speculated Constable Pete Barbuto. "Someone might keep

them, but usually in situations like this, they are fenced fairly quickly."

Conestoga security head Bob Gilberts said there didn't seem "anything unusual" going on the night of Aug. 6 when the journalism computer was stolen.

"We do a security round at midnight around the campus. We make sure all doors are locked and machinery is off. It takes about 2 1/2 hours to do the rounds, then at 6 a.m. we start opening everything again," he said.

Patricia Harrickey, a second-year journalism student and editor of Spoke, was working on the fourth floor on Aug. 6 the night the journalism computer was stolen.

"I arrived about 10 p.m.," she said. "Audrey, the security guard, was already locking doors. I asked her

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Const. Pete Barbuto of the Waterloo Regional Police.

(Photo by Nate Hendley)

Elevator funding now approved

By Stephen Uhler
and Shawn Gillick

Funding for the construction of a special needs elevator at Conestoga College's Doon campus has been approved by the provincial government.

John Tibbits, president of Conestoga College, said he was notified of the approval Aug. 9.

David Putt, director of physical resources, who accompanied Tibbits on a inspection of the campus construction sites, said the college applied for the funding six months ago.

College administration had expected funding for the project to be approved in June.

Putt said he was uncertain of the exact cost of the elevator's construction, but estimated it would be between \$200,000 and \$300,000.

"Six months ago, it would have cost \$200,000, but costs in a recession are unpredictable," Putt said.

Putt said he would notify the contractors immediately so work could begin now that funding was available. The project architects would also be notified for consultation.

Tibbits said even with the funding approval, work could not proceed until September, because of the time required for the submission and approval of tenders for the project.

"With the cafeteria construction, the contractors had two weeks notice to submit their tenders, which was very short notice," said Tibbits.

The schematics for the project have already been drawn up, according to Tibbits, which will reduce the time required to begin construction.



David Putt on a tour of Doon construction sites.

Putt said plans for the elevator were drawn into the original blueprints for the nursing wing.

The elevator is to be located near entrance five of the main teaching building, between the nursing and arts wings.

The final design of the elevator has yet to be decided. Tibbits and Putt said they weren't sure whether the elevator will be glassed in or closed and designed specifically for the physically challenged.

The existing elevator, located between the arts and technical wings, was designed for special needs students, but is being used primarily for freight.

The elevator is scheduled to be completed by January 1992.

What you missed in the summer

By Stewart Shutler

Most Conestoga College students may not realize it, but Conestoga was open all summer, and journalism students were here to write about what was happening.

Here are some of the highlights of Spoke stories carried since most programs' classes ended in April.

BRT head steps aside -- The college has hired a new co-ordinator for the broadcasting, radio and television program to replace Larry McIntyre, who has taught at the college 20 years and had held the

position of co-ordinator for three years. He will remain a full-time teacher.

CP/A students win awards for best computer programs -- Awards for the best group projects by computer programmer/analyst students were presented on May 8 in the Marjorie Carroll Room at Conestoga College.

The first-place project was an application tracking system for Freeport Hospital, Kitchener. Group members were Alladin Allishaw, David Wall and Melinda Lisk.

BRT student is new entertainment

manager -- Shawn McEwen, a third-year radio and television broadcasting student, was appointed the Doon Student Association's 1991-92 entertainment manager in mid-April.

"The job will be a great challenge," said McEwen. "I look forward to an exciting next year."

Expansion urged for advisory committees -- An expanded role for program advisory committees was recommended to the Conestoga College board of governors in a

See **Summer**, page 3

DSA to provide condoms for students

By Lyn McGinnis

The DSA voted unanimously in August to purchase 5,000 condoms to hand out at pubs this year and distribute through the college's health and safety department.

Jamie Slater, DSA vice-president (external), made the motion that the DSA purchase \$500 worth of condoms from Okamoto Inc., a Japanese company operating out of Montreal. Anita Arnold, vice-president (internal) seconded the motion.

"If we don't do something like this we will be shunning our responsibilities" in protecting students from contracting AIDS, said Slater.

Jeffery Nold, DSA president, said he could see no reason why the student council shouldn't pass the motion.

"It's the students' money we are spending. If they want condoms at a lower price, then I think we should offer that service through health and safety," Nold said.

Marilyn Fischer, senior nurse for health and safety at Doon, said she was happy with the DSA decision.

Health and safety's budget comes from the administration, but condoms were not part of the budget.

"We have medical supplies, but we didn't have a budget that would allow us to purchase condoms on an ongoing basis," Fischer said.

The health and safety department had to depend on the AIDS Committee of Cambridge, Kitchener-Waterloo and Area and the AIDS program at the Waterloo Regional Health Unit to give provide condoms.

"We have just been very fortunate to get them given to us in the past, so we were able to leave a jar in our waiting room so (people could) come and help themselves," she said.

According to nurse Midge Ennis, by noon the 50 condoms set out in the waiting room for that day would be gone.

The DSA will also look into purchasing small packets of lubricant to go with the condoms. A number of AIDS authorities, including Ed Jackson, education program director of the AIDS Committee of Toronto, said lubricated condoms by themselves are not enough.

"The amount of lubricant on a lubricated condom is actually not sufficient. It can give a false sense of security when you read that. You really have to be aware of putting on lots more lubricant," he said.

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Bob Rae and his comedy of errors

By Shawn Gillick

Social causes are interesting beasts. It is especially funny to watch Bob Rae and his comedy of errors as he attempts to master his particular beasts.

Last winter, the Ministry of Natural Resources announced that the Golden Lake Indian Band was being given virtually unrestricted hunting and fishing rights in Algonquin Park.

I may have a strange way of looking at the issue, but it seems illogical to allow such activities in a provincial park which is established to protect natural settings and wildlife from such abuse.

I am not alone in my confusion. The Ontario Federation of Anglers and Hunters, the Federation of Ontario Naturalists, and assorted conservation-minded and environmentally-friendly groups have been equally puzzled by this seeming faux pas, and they have not been reluctant to voice their confusion.

If "Premier Bob" thought this was an isolated occurrence, they were disabused of that idea in June.

Last spring, the Ministry of Natural Resources issued a directive to its officers that native fishermen were not to be charged with violations of the province's hunting and fishing laws, unless they were "flagrantly abusing those laws." Flagrant abuse was not defined.

In June, a justice of the peace in Wiarton refused to try a non-native fisherman for exceeding his quota. His rationale — the directive was discriminating against non-natives. Incidentally, the same environmental groups who had difficulty accepting the Golden Lake policy protested the ministry's directive.

What is going on here? The NDP mythology led many people to believe it would be the savior of such social movements and lobby groups once it achieved power, not the catalyst for internecine warfare. Methinks Bob and his caucus colleagues are beginning to perceive the outlines of a reality previously invisible to them.

There is a limit to government power, and social engineering, via government policy, may be something of a pipe dream.

Let's consider the two examples I've mentioned. The NDP has been sympathetic to the demands for Indian rights and self-government for many years. There is nothing wrong with this.

However, the NDP also has a history of sympathy for environmental causes. During the height of the Temagami road-block two years ago, Bob Rae was arrested for participating in it.

This is the same Bob Rae who has thrown his support behind a policy which environmental groups have suggested gives natives a license to pillage wildlife populations at will. Some extremists in these groups have gone so far as to say the NDP is employing a form of reverse racism, approving native abuse of natural resources, while condemning non-native abuse.

The NDP should be taking notes on this development and studying them carefully. While adherence to principle is fine, political implementation of principles must carry some legitimacy with the population at large. In our current political climate, giving something to one social group is perceived as favoritism and is not considered legitimate. This may be nothing more than jealousy, but it is a fact of political life which cannot be ignored.

Such are the vicissitudes of politics. Perhaps Machiavelli was right. Principles may have no place in politics, which is a poor consolation to the anguish of the NDP.

OPINION

AMOEBA MARITAL SPATS:



ADMIT IT
 JOHN, YOU'RE
 HAVING AN AFFAIR
 ... YOU CHANGED
 YOUR
 CYTOPLASM
 TWICE LAST
 WEEK!!!



DADDS

Affairs: Betrayal or growth?

Affairs provide growth

By Lyn McGinnis



My spouse and I have an open marriage. We acknowledge the simple reality that we will be sexually attracted to others outside the relationship. Experience has shown us this can be an enriching part of our lives.

Marriage is an ongoing arrangement between two people within the dynamic context of an unpredictable, changing and fluid existence. But our supposedly rational, liberal-democratic society is filled with dogma. The more insecure we are, the more absolute are the taboos against any variation from the supposed norm of monogamy.

Infidelity is heresy

At a recent conference on sexuality at the University of Guelph, an Oshawa family therapist, Keith Marlowe, said affairs are an opportunity for growth in a marriage. He also said affairs occur in 60 per cent of all relationships.

This is heresy in a society that preaches absolute monogamy as the only acceptable relationship between adults. But given the growing divorce rate and high incidence of affairs within marriages, perhaps some cherished notions need to be re-examined.

Affairs occur despite a strong cultural taboo against them. The reason for this conflict between public morals and private desires is simple.

As individuals, people are complex, unique and growing. Our needs and aspirations are constantly changing throughout our lives. But as a society, we tend to be insecure in the face of change and therefore dogmatic. Affairs will last just so long as there is a taboo against them.

If couples were to be open to the occasional "guest" visiting the relationship, would it be an "affair" any more?

Human desire

If both partners were open and honest about the true nature of human desire, where would the conflict be?

If the false assumption of marriage being static were gone, the presence of a third or fourth party could be welcomed as complimenting instead of threatening a loving relationship.

Our present situation involves public condemnation of affairs, while individuals pursue them under the cloud of deception and manipulation.

Is guilt more acceptable than honesty? Is group conformity more acceptable than personal integrity?

My spouse and I determine our own ground rules in our relationship.

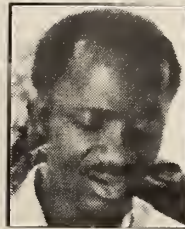
We decide what works and doesn't in our relationship. We are free to define our lives and loves independent of social demands.

People are coming to accept that there are no absolutes in life.

Everything, including the pros and cons of affairs, can and will be re-opened and re-examined. This is the cause of a great deal of discomfort and anxiety—which is part of all growth.

Affairs are betrayal

By Kingsley Marfo



Marriage is a trust and having an affair is a betrayal.

An affair, which promises fun, variety and fulfillment, may last as briefly as a week. But it may cause permanent emotional scars and hurt feelings. As well, affairs

could lead to broken homes with children of doubtful parenthood. The questionable legitimacy of these children will last a lifetime.

Affairs may be positive

However, Keith Marlowe, an Oshawa family therapist, said that affairs could have a positive effect on a marriage.

"They satisfy a need for intimacy that a partner in a traditional marriage relationship fails to provide," Marlowe said at a conference on sexuality held at University of Guelph in June.

Marlowe, who has been a marriage counsellor for more than 20 years, said affairs are becoming more common today. He said statistics suggest that an affair will occur in about 60 per cent of all relationships.

Marlowe does not address two crucial questions: Is an affair the best way a partner can use to identify a need in a marriage? Should having an affair as a form of therapy co-exist within a marriage?

It is unrealistic to accept a situation in which married couple keep extra marital affairs as a buffer.

Whenever there is a quarrel or a fight between couples, each will go to their extra-marital partner. They return to the marriage relationship when tempers cool down and expect the marriage to continue as if nothing has happened.

As ridiculous as this may sound, it is not just an expert's theory. Some people contend that two consenting and emotionally mature adults can agree to have affairs.

Maturity

My definition of maturity is the capacity to solve problems by communicating, identifying the causes and deciding on a common solution.

Partners who go to a third person for solutions to problems shirk their responsibilities of marriage, which is a commitment based on love.

The trend towards affairs is a symptom of deeper social problems in our modern society which frowns upon traditional values such as commitment and loyalty because they are considered "old-fashioned."

But I would rather be old fashioned if it means stability and security. As well, controlling an instinctive sexual urge gives a feeling of personal higher satisfaction. Self-control, which recognizes moral standards worth maintaining, is preferable to uninhibited indulgence. It is also true to our essential humanity as higher beings put standards above animal instincts.

As a parent, my family means the world to me. I will simply not trade the practical joys (and sometimes heartaches) of family life for the temporary escape of an affair.

Conestoga's crown corporation-the board of governors

By Shawn Gillick

The Conestoga College board of governors is not simply a "board of directors", it is also a publicly-owned crown corporation.

The board of governors for a community college is established by the authority of the provincial Ministry of Colleges and Universities Act. This act gives the Minister of Colleges and Universities (currently Richard Allen), in conjunction with the ceremonial approval of the provincial Lieutenant-Governor, the power to create and govern Ontario's colleges.

Under the act, a college's board of governors functions as a legal corporation. A board of governors is appointed by the Council of Regents, which is an advisory body to the Ministry of Colleges and Universities comprised of the presidents of Ontario's 22 colleges and a chairperson selected by the provincial government, according to Con-

estoga College president John Tibbits.

The board of governors acts as the trustee of the government funding provided to the college. It has no members other than those appointed by the council.

As a corporation regulated by provincial legislation, and with limited private financial support, Conestoga's board is legally considered a crown corporation.

The power of the board of governors is extensive. It sets the operating policy for the college which includes the creation and elimination of academic programs, the setting of fees, construction of facilities, purchase of real estate, and appointing program advisory committees. It also handles the distribution of the college academic calendar, setting the college budget, issuing diplomas and certificates, and assisting in bargaining with faculty and staff unions.

The board hires the college president and senior administrative staff, who are responsi-

ble for implementing the board's policies. The board also monitors the president's success in carrying out these plans.

The president also serves as an ex-officio member of the board.

As well, the board submits an annual financial report to the Ministry of Colleges and Universities, which is used to evaluate the activities of the board and the college and to help in setting funding levels for the following year.

Specifically, the board of governors sets short-term objectives in an operating plan. Conestoga's current operating plan was introduced in 1990, and will be in use for at least two more years.

The current operating plan includes the building of a new school of business via a private fund-raising campaign, and the consolidation of all Conestoga full-time day programs at the Doon campus.

The board also sets operating policies for the

college, which include the review of college instructors teaching performances by students, and improving communications between college administration and staff.

The board of governors consists of 13 members, including the president. Eight of these members are appointed by the Council of Regents from a list submitted by the board. Four of the members are selected from nominations submitted by the municipal government of the area.

Board members are appointed to three-year terms and may serve a second term. After two consecutive terms are served, the governor cannot be appointed again for a minimum period of two years.

Members must be Canadian citizens.

Preference is shown to those people who have been active in community affairs, and have shown interest in the college.

Nominations are accepted on a year-round basis.

New head of technology chosen

By Rob Maddox

The former co-ordinator of Conestoga College's electronics engineering program, Fraser Cooper, begins a new job in September chairing the Doon campus's school of technology.

Cooper, 51, brings 23 years of teaching and nine years of work experience to the chair position.

Although Cooper said he would be content teaching, "I applied for the job because it (represented) new challenges, and after 23 years of teaching, you need to try something different."

Cooper said one of his challenges will be to streamline communication among students, faculty and administration.

Cooper suggested each faculty member have available a computer terminal so that memos, notices and office communication can be transmitted electronically.

As a result, it would cut down on wasted paper.

Although paper copies are necessary for permanent records, Cooper said, they are not required for memos and inter-office communication.

While Conestoga College teaches a lot of high-technology, "we don't use it ourselves because of the expense."

The cost of providing up-to-date education to students is high, Cooper said, but Conestoga College has

tried to keep up with or be ahead of standards set by business.

Although Cooper said it's difficult to change a program every year, the technology department does.

It was only about eight years ago, Cooper said, that computer-aided design and computer-aided manufacturing programs — commonly referred to as CAD/CAM — were introduced to technology students to assist in the design of machine operations and parts.

Cooper said it was only a couple of decades ago when vacuum tubes were the popular technology.

However, since then, the micro processor and the integrated circuit have changed almost everything possible about technology.

Cooper started working in the technology field by working nine months at a Guelph company which

produced antennas and equipment through military contracts.

Cooper then worked for five years at a Waterloo company which manufactured radar and navigational aids and three years for the University of Waterloo as a lab technician repairing, replacing and designing circuits for computer projects.

Cooper came to Conestoga College in 1967 and started teaching in the electronic program. Over the years, he said, he's probably taught about half of the program's courses.

Cooper said he can offer students and faculty his understanding and sympathy when they come in to voice their concerns about the program.

He said his door is open, but asks that people make appointments with the secretary instead of just entering the office.

Conestoga still busy in summer

continued from page 1
study released on May 27.

The study contains suggestions for improving the operation of the college's advisory committees.

New school targets students now overlooked by colleges — Following the advice of the Vision 2000 report, Conestoga College is establishing a school of access and preparatory studies to meet the needs of high school students who cannot find educational opportunities after Grade 12.

The new school will encompass a number of existing programs aimed at upgrading and improving skills required in the workplace.

Staff to retain vote at DSA executive meetings — full-time staff members of the Doon Student Association will retain their vote at executive meetings but not on the board of directors.

Students face hikes in intercollegiate fees — returning Doon students September will pay \$30 instead of \$25 for an intercollegiate fee used to fund varsity sports.

Tibbits opposes changes to union pension benefit plan — The Conestoga College administration has shown opposition to amendments increasing pension benefits for faculty by raising the contribution rate of employees and employers to seven per cent of salary, a rise of 1.6 per cent.

Low ticket sales cause cancellation of Conestoga summer writers' series — Only twelve tickets were sold for the Writer's Series, a major event in the new Conestoga Summer program.

Government gives college \$5 million — Conestoga College will receive about \$5 million extra this year for capital funding, as part of grants announced for the college system by the Ontario government.

New announcement of old grant takes Tibbits by surprise — The provincial announcement of nearly \$5 million for construction projects at Conestoga College surprised and puzzled college president John Tibbits.

The previous Liberal provincial government had promised the funding would be available in 1992, Tibbits said.

The current government is "merely accelerating the process."

Thefts concern security

continued from page 1

to reopen the doors to the Spoke office, the darkroom and the developing room. "I didn't try the door to the computer room so I wasn't sure if it had been locked."

Harrickey was developing film at the time with friend Gabe Lee.

"I didn't see any janitors on the floor or any other person aside from Audrey the whole time I was there."

Harrickey said she left with Lee at about 12:15 a.m., meeting a second security guard as she went down stairwell five.

Kim MacLaren, also a second-year journalism student, arrived about 7:30 a.m. the next morning and found the door to the journalism

computer room unlocked, but wasn't surprised because security unlocks the door at 7 each morning. When she noticed a computer missing, she assumed it had been removed for repairs.

"But usually they send (someone) to fix it on the spot. I thought then it might have been stolen," she said.

Rob Maddox, second-year journalism student, came into the room at about 7:45 a.m., McLaren recalled, and when he asked where the computer was, she said she thought it had been stolen. Maddox then contacted the security office.

Police and campus security are continuing their investigation of the computers and laser printer.



Fraser Cooper, new chair of technology.

(Photo by Rob Maddox)

Corrections

In the Aug. 12 Spoke, the outline to the photograph on page three should have read "Joy Sommerville" not "Donna Runions."

On page four in a construction story, "\$89 million of work going on" on campus should have read "\$8.9 million of work going on."

On page eight, in a story about softball, the line "the college provides all the equipment, except for team shirts, and softball diamonds" should have read "the college provides all the equipment except for softball diamonds." Softball shirts are provided by the college.

Spoke regrets these errors.

MEET THE DSA

First in a series



Becky Westman plunges into her duties as co-ordinator.
(Photo by Rob Maddox)

DSA co-ordinator jumps at chance to prove herself

By Rob Maddox

Yabba Dabba Dooooon.

Get ready, Doon students, for a full slate of activities featuring a Flintstone theme as part of this year's orientation week.

The theme is the result of brainstorming and the execution of ideas by activities co-ordinator Becky Westman. It means there'll be everything from bedrock burgers (hot dogs) to a car rally as part of the first week of school.

Westman worked for the athletic department and was assistant co-ordinator of intramural programs and varsity games and hired students to officiate games.

As well, Westman said, she planned and supervised summer camps which entertained area children. "It was a good challenge," Westman said, "especially trying to keep up with the kids."

Activities Westman planned included theme days where children's activities revolved around a topic such as Mexico. The Mexico theme day featured Mexican hat dancing and other activities related to the country, Westman said.

Westman said she can establish good rapport with students because "I'm not a threatening person," but added she wants to learn more about mature students and the types of activities they want.

"I know a lot of mature students come to school and go home and that's all they want from the school," Westman said. "We have mature students here and the DSA should really be doing something for them."

She said she also wants to improve the advertising and promoting of DSA activities so that students are well aware of activities.

"You have to make students aware and that's all done through your open door and through promotions," Westman said.

Westman said another theme day idea for Conestoga College will be music appreciation day, featuring a 'hummmzinger' contest (where students hum a tune and others guess its title).

Westman, one of two full-time DSA members who are not students, started in June of this year.

The old traditional billboard method of advertising doesn't work that well anymore because a lot of people see the board, but few people really understand it, Westman said.

As well, Westman said her previous connection with the athletics department will help make the two associations work better together. Some orientation activities are planned and staffed by members of both groups.

Although some people might think DSA activities appear juvenile, Westman said the activities are designed to get people involved. "College is a serious place, but at the same time, college can be fun."

DSA vice-president has big plans

By Rob Maddox

Politics, drama and journalism do not always make the best partners, but vice-president (external) Jamie Slater hopes to make this unlikely marriage work.

The 18-year-old Cambridge native is currently an executive member of the Doon Student Association, taking print journalism and planning to study drama at university.

Slater said he is interested in finding out what students want at Conestoga, and added that "the most important thing students can do, is to get involved with student activities."

In Slater's first year at Conestoga, he was elected DSA executive secretary and gained experience working on student elections and the DSA constitution.

That experience and "a lot of spirit" is what he offers Conestoga students, Slater said.

He said there is a tendency for students to socialize only within their own program. But part of the DSA's role is to help all students to broaden their circle of friends.

"The DSA provides the opportunity for students to just get out and meet other people by participating in the activities," Slater said.

The DSA is basically a two-part organization. One half plans and organizes students' activities and the other half administers activities through the board of directors.

Slater said former student president John Lassel did a great job improving the relationship between the college and the DSA. But he added that the student and DSA relationship had suffered. "Communication with the students was cut off quite a bit," Slater said.

DSA members will improve this relationship by answering students' concerns, being outgoing



Jamie Slater, DSA vice president external, stops the traffic to get his point across.

(Photo by Rob Maddox)

and recognizable to the student body, Slater said.

Being vice-president (external), Slater takes care of anything related to student off-campus activities, such as getting Kitchener Transit to come to school and sell bus passes.

As well, Slater said, he assists the president with his duties.

Slater said being a journalism student has given him an edge because he understands how the media thinks.

And dealing with the world outside of Doon campus is what Slater wants to do.

He said he would like to write a column for the Kitchener-Waterloo Record's education section to let the public know what's going on at Conestoga College.

Although he hasn't talked to the Record yet, he's hopeful they'll like the idea as much as the DSA executives.

As well, Slater said, he would like a courtesy bus route to transport students from Conestoga College to the Cambridge bus depot.

The idea has to go before a committee and be supported by a feasibility study and ridership survey to determine if the plan will work.

Slater said he also wants to improve the relationship between the DSA and the athletic department association.

Through Orientation week, the DSA and the athletic department will staff and organize such events as a barbecue and beach volleyball competition.

New clerk to look after day-to-day needs

By Rob Maddox

Cathy Goodwin is the new Doon Student Association clerk and looks after the day-to-day needs of the DSA.

During orientation week, the DSA offices will be chaotic and if one person can keep other people organized, the DSA will run smoothly, Goodwin said.

"I can bring my organizational skills to the DSA."

Goodwin, 20, was enrolled in the print-journalism program at Doon campus, before working during the summer as Passport co-ordinator.

She worked on the DSA calendar and activities passport students receive during Orientation week.

"Because I was Passport co-ordinator, I had my foot in the door," and got to meet DSA executives and understand how the association works, Goodwin said.

When the summer job ended in August, vice-president (external) Jamie Slater told her, the DSA was still looking for a clerk and that she should apply, Goodwin said.

Goodwin said she applied for the



Cathy Goodwin

job because she wants to save money for university where she plans to study psychology.

DSA activities co-ordinator Becky Westman, who helped select applicants, said Goodwin was hired because of her office skills and her knowledge of the DSA and its ex-

ecutives.

"Goodwin is eager and willing to learn," Westman said.

Westman said the 24-hours-per-week job attracted eight applicants, four of which were interviewed.

Goodwin's job description includes basic secretary work such as keyboarding, typing and looking after vending machines when they break down.

As well, Goodwin assists people who are ripped off from vending machines and makes sure coin-operated photocopiers are stocked with paper and toner.

As part of the DSA, Goodwin said unfamiliar Conestoga students can go to the DSA when they want help. "We're here for you," Goodwin said.

It might be difficult to find an executive when you want one because DSA executives have a heavy schedule balancing classes with meetings, activities and interviews, Goodwin said.

And since the clerk has regular hours, Goodwin said she can offer students stability and answers to questions they may have.

Conestoga students go rafting on the Ottawa River

By Rob Maddox
and Stewart Shutler

The third annual white water rafting trip attended by Conestoga College students was held the weekend of July 5.

The trip is organized by Glen Dodsworth, a management studies student who graduated in June.

The trip has been gaining in popularity in the past three years.

Dodsworth said one reason he started it up was to provide a way for him to see his classmates in the summer, and the first year he organized it, three of his friends from class went. The next year there were 48 people, and this year there were 92.

The rafting trip took place on the Ottawa River and the participants stayed in a campground just outside Beachbrook.

The raft ride began on the Saturday afternoon, after a short briefing by the raft guides. The ride consisted of six large rapids.

When the weekend started, it was pouring rain and Dodsworth "thought it was going to be a disaster. It was so bad that people couldn't put up their tents, but by 9 p.m. it cleared up and then it was gorgeous the rest of the weekend."

Dodsworth said that even if it had rained the rest of the weekend, the trip would have gone on as planned. "You get wet during the rapids any way," he said.

The boats used are 23 feet long and hold 12 people comfortably. Dodsworth said people like such boats because each person gets a separate compartment.

He said they don't anchor people to the boat because if the boat tipped the riders might drown.

To inform Conestoga students of



Conestoga students sail through the rapids on the Ottawa River.

(Photo courtesy of Glen Dodsworth)

the trip, Dodsworth put up banners and posters in the hall, flyers on bulletin boards, and ran a video display in the cafeteria.

After seeing the video, some people gave Dodsworth a deposit of \$50, one-third of the cost of the trip. The balance was then due one month after the deposit.

Six people backed out and forfeited their deposit. Dodsworth made an exception in one case and refunded a percentage of the pay-

ment because somebody got a job out west.

Dodsworth said that before the participants got on the buses to the river, they had to sign a document waiving responsibility of the company to a certain extent. The document shows that the participant knows of the risks, but the company is still responsible if there is negligence on its part.

In the way of safety, people are provided with helmets, and a high

float life jacket. Also, there are throw lines inside the rafts and throw bags containing coil-up rope, in case someone were to fall out.

Another precaution is a person in a kayak who paddles along with the rafts and is prepared for anything.

Dodsworth is already planning for next year's trip. He said he's thinking of offering two- and three-day trips, to provide more options.

He's also planning to add six-person boats called self-bailers, which

don't retain water which gets in side.

The floor on these boats is inflated and separate from the rest of the boat. It is pumped up with air so it floats and all around the bottom it has eyelids where there's a woven web to anchor it to the sides of the raft. When a wave breaks, a bolt of water rushes out of the eyelids as fast it comes in.

"They're small and extremely agile and you feel more of the river," Dodsworth said.

Dodsworth said staff members such as Sheila McCloud from student services participated.

McCloud said she went on the trip because it sounded like fun, and found it enjoyable. She said rafting could be compared to being on a roller coaster.

"Going through the rapids happens very quickly. There is the initial feeling of what you might have on a roller coaster . . . You get the same rush," she said.

McCloud said the ride was frightening at first.

"Going through the first rapid, I was a little scared because it was a new experience for me."

"The water is rushing so much, you think you might get thrown out, but of course, all safety precautions are there so there's nothing to worry about."

She said it wasn't as bad after the first rapid because she learned how to crouch and how to paddle.

Dodsworth said he would like to see more participation from staff in the future, and he hopes that, in turn, students would become more interested.

The price of \$149 per person, including GST, covered the rafting trip, five meals, and use of the recreational facilities for canoeing, kayaking and other activities.

Take a deep breath :

Regular exercise and proper diet helps in the maintenance of health for elderly people

By Kingsley Marfo

Seniors took a close look at the aging process during the fourth of five lectures organized as part of Conestoga college's summer life program for seniors at the wood-working centre Aug. 6.

A Waterloo health consultant, Kent Gillin, addressed 35 participants and asked them to take a deep breath and hold it for as long as they could. "It is an indication of the greater elasticity of your lungs. With age, there is a general loss of elasticity in most vital organs of the body, especially the lungs," Gillin said.

This loss of elasticity also explains such physical signs as flabby tissues, stiff muscles and a shortness of breath. However, Gillin said, the outward signs of aging are more noticeable than the internal changes.

The skin is the biggest organ of the body, he said. It shows the most significant external sign of aging and manifests itself mainly through wrinkles.

Gillin said the external signs of aging reflect internal changes as well. "Both changes (external and internal) are normal and irrevers-

ible."

For example, wrinkles are caused by a loss of fat between two layers of skin -- the epidermis (the outside layer) and the dermis (the inside layer).

He said there are several causes for the changes that manifest themselves as signs of aging. One of the main causes is the breakdown of collagen, a protein supportive substance in the body.

Other areas where aging manifests itself is loss of the sensitivity in the five senses -- sight, hearing, taste, touch and smell.

One of the severe cases of hearing that manifests itself with age is "ringing in the ears." In severe cases it can lead to depression and possibly suicide, Gillin said, and one of the best forms of prevention is dietary, such as avoiding food or drinks containing caffeine.

Gillin said as people age, the taste buds also require more substance to activate the receptors which register taste because "the receptors develop a capacity to handle a higher threshold." For example, the sensitivity to taste of the elderly is not as sharp as it is for a younger person.

Gillin said, however, there are steps that can be taken to reduce the

effects of aging.

"Through regular exercising for example, sebaceous glands secrete an oily substance which moisturizes the body. This reduces muscle stiffening. Proper dieting minimizes the loss of body tissues and generally repairs the damage caused by aging.

"The expression 'use it or lose it' and ensuring proper maintenance of the body is very applicable in reduc-

ing the effects of aging," Gillin said.

There are also mental and psychological dimensions to the aging process which can be controlled, Gillin said. "You are only as old as you feel."

He said there are several theories to explain aging. One theory describes aging as the "rectangularization of the human survival curve."

In simple terms, aging is reflected

in the ability of individuals to depend on themselves. According to this theory, the aged are perceived to be dependent more on society and others than they wish to be, Gillin said.

"This means self-sufficient, independent senior citizens have added to their quality of life since they would have reversed the normal trend of dependency which comes with age," Gillin said.

Exercising keeps the elderly healthy

By Kingsley Marfo

Working, reading or even resting are some of the methods elderly people say they use to stay healthy.

In an open forum at the wood-working centre, several participants gave their versions of effective exercise they use to keep in shape.

Dorothy St. Jean, said work is the best form of exercise to help keep the elderly healthy. "When working, you apply all the physical components of the body and that keeps you active."

Jim Pett, of Kitchener, keeps healthy by resting. "I lie down on an

adjustable Craftmatic bed with my head raised slightly above the body to improve the circulation of blood. Then I take a deep breath in and out several times and I feel great."

Reading is the best form of exercise for Audrey Herlberger "because the mind essentially controls the body. But this should be complemented with regular walks to achieve better results," Herlberger said.

Margaret Pett of Kitchener said those who exercise at home do not gain the full benefits of physical exercise.

"A well planned and executed ex-

ercise program in a group is more consistent, and therefore more effective," Pett said.

Swimming is Helen Hastilow's idea of effective exercise. Hastilow, a volunteer co-ordinator of the Rockway senior citizen's residence and the summer life program, said the only part of swimming she does not like is watching the young girls darting in and out of the pool.

"Sometimes they take furtive glances at you. It makes me feel like going up to them and saying 'one day you are going to end up like me,'" Hastilow said.

Welcome to Conestoga College

Welcome to Conestoga, if you are a new member of our College community. Welcome back, if you are a returning student. All of us at Conestoga wish you a productive and exciting year.

You have come to College to prepare for a career by obtaining a quality education. I hope you will put your energy and best efforts towards attaining this goal. I am confident that you will discover the value that a Conestoga education will contribute in future years to

your career and community life.

As you strive for your goals, please keep in mind that Conestoga offers you opportunities beyond your program of study. I encourage you to be an active, contributing member of the College community. Consider participation in the student government, club activities, athletics and recreation, or peer tutoring.

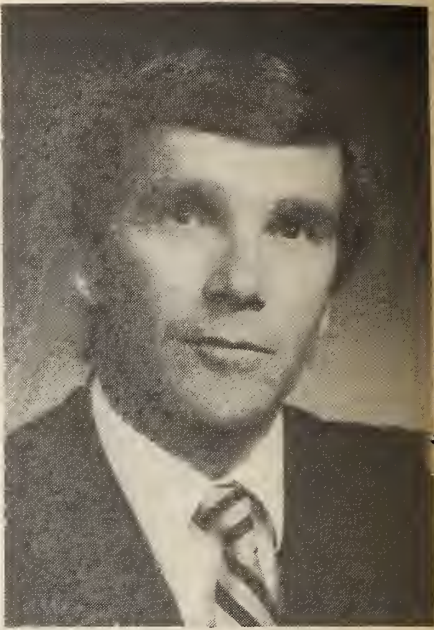
Learning is not confined to a classroom or laboratory. I hope you will get involved

and view your College experience as an opportunity for self-discovery and personal growth.

I wish you an excellent year, both academically and personally, as we work together to make the Conestoga community an enjoyable and stimulating place to be.

John Tibbits

College President



DROP IN - WE CAN HELP

STUDENT SERVICES

Student Services

Counselling:

- Academic
- Study Skills
- Personal
- Career
- Financial

Pre-Admission Assistance:

- Program Selection and Preparation

Groups:

- Women in Technology
- International Students and other special support groups

Workshops:

- Study Skills
- Returning to Learning
- Assertiveness
- Test Anxiety, etc.

Counselling is confidential, voluntary and free.

DOON CAMPUS
Room 2B12
748-5220 Ext.360

Conestoga College

STUDENT SERVICES

Student Services

Other Services:

- Housing Information
- College & University Calendars/Applications
- OSAP Applications
- Bursary Applications
- Study Skills Handouts
- Information for Community Resources and Referrals
- Other Resources

PEER SERVICES
Students Helping Students:

- Peer Tutoring
- Peer Helping

Counselling is confidential, voluntary and free.

DOON CAMPUS
Room 2B12
748-5220 Ext.360

Conestoga College

Recreation Centre

Conestoga College

POSITIONS AVAILABLE

We are looking for flexible, motivated individuals for the following positions:

RECEPTIONIST - Part Time

Good typing and public relation skills required

CONCESSION ATTENDANT - Part Time

Good organizational and public relation skills required

FITNESS INSTRUCTORS - Part Time

Good organizational and public relation skills required

FOR MORE INFORMATION

CALL US TODAY AT

748-3512

Ask Pat

If you have any question for counsellor Pat Trudeau drop off a letter to any Student Services office or mail to: c/o Pat Trudeau, Student Services, Conestoga College Guelph Campus, 460 Speedvale Ave.W., Guelph., On., N1H 6N6. All letters should include a first name and telephone number as well as a pseudonym.



Dear Pat:

I am writing because I don't know where to start. Since 1988 I have taken part-time courses at Conestoga and felt ok coming in for a few hours and going home.

Now I am coming full-time to the Guelph campus for a 40 week program and I don't know where I fit in. I left high school 23 years ago and feel out of it.

I worry about flunking out in the first week. Then what?

Uneasy.

Dear Uneasy:

There will be many people and resources to help you get started at your Campus. You will be welcomed at an orientation session on the first morning which will include Registration, coffee, books distribution, introductions to staff, students, administrators, counsellors and information about Student Services, regulations, parking fees and your schedule.

The campus is small and it is easy to access what you need.

We are not expecting you to shine academically in your first week. There will be both practical and theory to cover and you will need to keep pace but your teachers understand that there is an adjustment period. At least half of your classmates are returning to school as mature students and will likely share your anxiety about rusty learning skills.

Peer tutors are available to help you if you find yourself stuck in a subject area and this service is provided by the College.

Bob King and I are counsellors at the Guelph Campus who can help you with study skills, stress management and any other barriers to your education which might arise. We will meet you that first morning at orientation and you can drop in to see either of us any time for confidential counselling.

The hardest part seems to be getting started and you've already done that by applying and accepting. You are on your way.

Pat



DAPPER DUNDEE'S

"Dandy Duds and Dungarees"

RECYCLED CLOTHING

* STUDENT PRICES

(10% DISCOUNT WITH STUDENT CARD)

* QUALITY LABELS

* FALL STOCK ARRIVING DAILY

* SUMMER STOCK STILL

AVAILABLE

DAILY IN-STORE SPECIALS *

REGULAR PRICES .50 TO \$25.00

JEANS AS LOW AS \$4.50

JEANS- VINTAGE LEVI \$12.00

T-SHIRTS AS LOW AS \$2.50

BLOUSES AS LOW AS \$2.50

SHIRTS AS LOW AS \$2.50

SWEATS AS LOW AS \$2.50

SWEATERS AS LOW AS \$7.00

JACKETS AS LOW AS \$7.00

LEATHERS INDIVIDUALLY PRICED

COATS; FALL AND WINTER, \$5.00 - \$25.00

**VINTAGE & TRENDY -
FUNKY**

ONE OF A KIND ITEMS

EXCITING BARGAINS

EVERY DAY

107 Manitou Dr., #10

Kitchener

(Corner Manitou & Bleams Rd.)

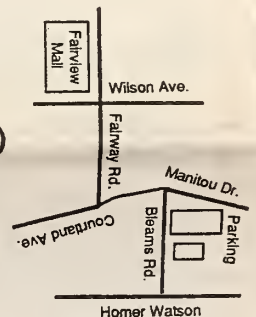
HOURS:

Tuesday, Wednesday, Thursday

10:00 a.m. - 5:30 p.m.

Friday, 10:00 a.m. - 7:00 p.m.

Saturday, 9:30 a.m. - 3:00 p.m.



ELECTION NOTICE

ONE PERSON IS TO BE ELECTED AS A MEMBER OF OF THE CONESTOGA COLLEGE OF APPLIED ARTS AND TECHNOLOGY BOARD OF GOVERNORS FROM THE COLLEGE'S ADMINISTRATIVE STAFF MEMBERS. ELIGIBILITY IS AS FOLLOWS:

ALL PERSONS EMPLOYED BY THE BOARD OF GOVERNORS ON A FULL TIME OR PART TIME BASIS WHO ARE NEITHER AN ACADEMIC NOR A SUPPORT STAFF MEMBER.

TERMS OF OFFICE - JANUARY 1, 1992 - AUGUST 31, 1994

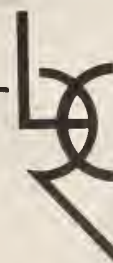
The terms of reference for this elected internal member are the same as those for externally appointed members of the Board of Governors. Nomination forms will be distributed the week of September 16, 1991. Nomination forms will be also available in the Office of the Secretary-Treasurer of the Board (Kevin Mullan).

Closing date for nominations:

OCTOBER 11, 1991

List of nominees to be posted on campus bulletin boards on October 23, 1991.

**ELECTION DATE - WEDNESDAY,
NOVEMBER 13, 1991**



**Learning
Resource
Centre**

DOON CAMPUS

*Friendly, efficient service

*Facilities for group or individual viewing
of audio/visual programs

*Quiet study rooms

*Inter-campus loan of material

*Photocopiers

HOURS

Monday - Thursday

8:00 a.m. - 8:30 p.m.

Friday 8:00 a.m. - 4:30 p.m.

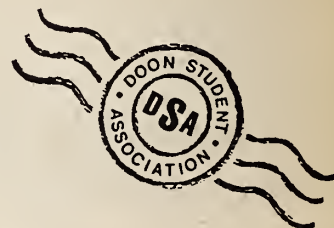
Sunday 1:00 p.m. - 4:00 p.m.

(limited service)

**COME IN AND SEE WHAT
THE LRC CAN DO FOR YOU!**

YABBA DABBA DOON ORIENTATION '91

Plan to join in on all the fun!



TUESDAY, SEPTEMBER 3

- 10:00 a.m.- 12:00 noon Information Fair - Location: Door #4
10:00 a.m.- 2:00 p.m. Pick up your Orientation T-Shirt
Outside the DSA Activities Office
12:30 p.m.- 1:30 p.m. Free Nooner- featuring "Steve Cox"
in the Main Cafeteria

First Year Students Scavenger Hunt
Pick Up your entry form at the DSA
Activities Office

WEDNESDAY, SEPTEMBER 4

- 10:00 a.m.- 1:00 p.m. Pick up your Orientation T-Shirt
outside the DSA Activities Office
12:30 p.m. Par-B-Que
12:30 p.m. - 1:30 p.m. Classes are cancelled for the afternoon
so join the fun at the 1991 MOLSON POND
PARTY in the cafeteria and by the pond
12:30 p.m. - 1:30 p.m. Yo Yo Demonstration in the Main Cafeteria
Registration for all activities
1:30 p.m. Orientation Group Photo - Wear your Yabba
Dabba Doon T-Shirt
1:30 p.m. - 3:30 p.m. Live band: featuring the "Saddle Tramps"
in the main cafeteria
2:00 p.m. - 4:00 p.m. Beach Volleyball Tournament
3:00 p.m. - 4:00 p.m. Stoney Park Wheel Barrow Race
Balloon Toss
Bedrock Boulder Toss
8:00 p.m. DSA Presents "The Tragically Hip"
at the Twist.

THURSDAY, SEPTEMBER 5

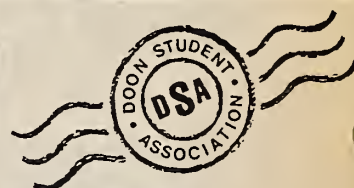
- 11:00 a.m. - 1:00 p.m. Last chance to pick up your Orientation
T-Shirt
12:00 noon- 12:30 p.m. Brontasouras Sub Eating Contest
in the main cafeteria
12:30 p.m. - 1:00 p.m. Flintstones Car Relay
outside the Main Cafeteria
3:00 p.m. Registration for the DSA Annual
Car Rally - Parking Lot #3
Sponsored by the Edelweiss Tavern
Car Rally Awards Presentations at the
Edelweiss Tavern
8:00 p.m. - 1:00 a.m. LABATT'S ORIENTATION PUB
Featuring the "SkyDiggers"
in the main cafeteria

FRIDAY, SEPTEMBER 6

- 12:00 noon First year students scavenger hunt
deadline. Hand in entry to the DSA
Activities Office by 12:00 noon to
be eligible to win.

Don't miss out on a great time. Come
early and win great prizes!

**SIGN-UP FORMS FOR THESE ACTIVITIES ARE AT THE DSA ACTIVITIES OFFICE.
RESERVE YOUR SPACE AS A PARTICIPANT EARLY, AS SOME ACTIVITY SPACE IS
LIMITED.**



EXPERIENCE THE BOD'S
BECOME A BOARD OF DIRECTORS

First meeting to take place Thursday,
September 19, 1991 at 4:00 p.m.
location to be announced

GET INVOLVED!

For more information contact Anita Arnold,
VICE PRESIDENT INTERNAL,
in the DSA Office, or call 748-5131

FIRST YEAR STUDENTS ONLY

INFO HUNT

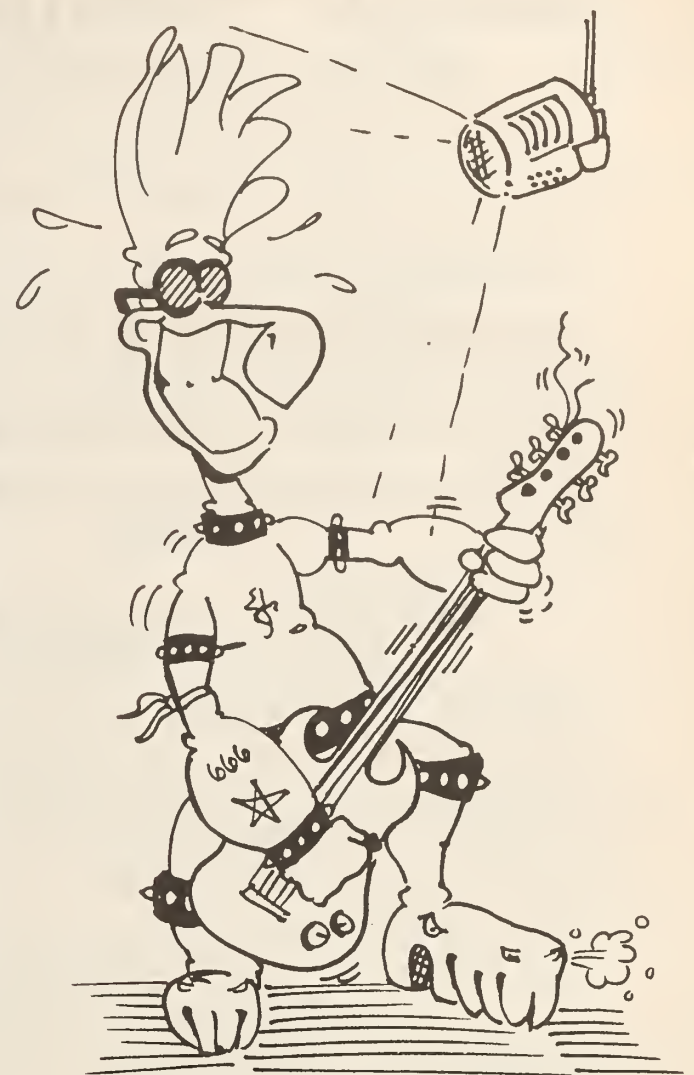
Welcome first year students!!! Here is a chance for you to find out some interesting facts about Conestoga College and the Doon Student Association. All you have to do is complete the form below to the best of your ability and submit it to the DSA Activities Office by Friday Sept.6 by 12 noon.



1. Get a business card or signature of a DSA Executive member. _____
2. Who is the president of Conestoga College? _____
3. Who is Conestoga College's mascot? _____
4. What is the Orientation Theme? _____
5. What was last year's Orientation Theme? _____
6. What is the name of the College Radio Station? _____
7. What is the name of the College Newspaper? _____
8. Who is the editor of the college newspaper? _____
9. What does DSA stand for? _____
10. What is a DSA BOD? _____
11. What does C.C.L. stand for? _____
12. What are the bookstore hours? _____
13. What is the name of the Cafeteria in the technology wing? _____
14. What is the name of the Recreation Centre? _____
15. a) How much is the yearly parking permit? _____
b) How much is a daily parking permit? _____
16. How much it is to rent a locker this year? _____
17. How many pay telephones are on the main campus? _____
18. What is the address of the school? _____
19. FIND THE FOLLOWING ROOM NUMBERS:
a) The room number of the test centre. _____
b) The room number of the student services office. _____
c) The room number of the security office. _____
d) The room number of the library. _____
e) The room number of the Spoke office. _____

1. Only students in their first year can enter.
2. Entries must be submitted to the DSA Activities Office by Friday, September 6, 1991 by 12:00 noon.
3. Winner will be the entry with the most questions answered correctly. In case of a tie, a draw will be made.
4. Winners will be posted by Monday, September 9, 1991 outside the DSA Activities Office. Prizes can be picked up at this time.

NAME _____ PHONE _____
PROGRAM _____



LABATT'S ORIENTATION PUB

Featuring the
"SkyDiggers"

Thursday, September 5th, 1991

8:00 p.m. - 1:00 a.m.

at Doon Campus Cafeteria

Tickets: \$6.00 in advance

\$8.00 at the door

Activities Office

*Mega Pizza available

*Designated Driver Program

*Age of Majority Required



OSAP - Things You Should Know

When will I receive the O.S.A.P. funds?

You will receive a "Notice of Assessment" when your application is assessed. Funds do not become available until you have registered at the College. You can anticipate long lines of students waiting to receive their funds at the Doon campus. If you do not need your funds immediately, you may wish to wait for a couple of weeks until the lines decrease.

What is required when I pick up O.S.A.P. funds?

1. Proof of registration (plasticized student card, signed course registration).
2. Proof of your summer/work term earnings. A statement of your gross earnings is required (total of gross pay for the number of weeks available for work prior to returning to school to a maximum of 16 weeks).

IN ADDITION TO THE ABOVE, AFTER SEPT. 6TH, you will require a "DIRECTIVE" signed by your Program Co-ordinator.

Where do I pick up O.S.A.P. funds?

Doon Campus - Students can pick up their funds in the O.S.A.P. office located in the Registrar's Office.

All Other Campuses - You will be informed at Orientation where your funds are available for you.

Previous Canada or Ontario Student Loans

If you had a previous student loan and are not receiving O.S.A.P. assistance this year, it is YOUR

RESPONSIBILITY to inform the bank providing them with a "SCHEDULE 2" - "CONFIRMATION OF ENROLLMENT".

Contact the Financial Aid Office and be prepared to Provide your Student Number. It is YOUR RESPONSIBILITY to return the form to the bank.

OSAP Hours - Doon Campus

Sept. 3 - 6 inclusive

9:30 a.m. - 11:00 a.m.

1:00 p.m. - 3:30 p.m.

After Sept. 9

2:00 p.m. - 4:00 p.m. (Mon. to Thurs.)

10:00 a.m. - 11:00 a.m. (Fri.)

If you have any questions relating to your O.S.A.P., please call the Financial Aid Office, 748-3510 or 748- 5220, extension 202, 378.

VARSIITY



SOCCKER TRYOUT

Conestoga Condors Varsity soccer team tryouts begin.

* All interested students are invited to all practises .

Those unable to attend should contact the Athletic Department.

MENS

Tuesday, Sept. 3 4:30 Main Field
Wednesday Sept. 4 6:30 Main Field
Thursday Sept. 5 4:30 Main Field
Monday Sept. 9 4:30 Main Field

WOMENS

Tuesday Sept. 3 4:30 Main Field
Wednesday Sept. 4 4:30 Main Field
Thursday Sept. 5 4:30 Main Field
Monday Sept. 9 4:30 Main Field



Watch for...



RED SWEATERS *The* PEER HELPERS

wearing them

are available to help!

DOES ANYONE KNOW WHERE
CONESTOGA STUDENTS CAN FIND
GREAT LOW PRICES ON BOTH FOOD
AND DRINK?

NICHOLSON'S TAVERN

located just five minutes from
Conestoga

CONESTOGA STUDENTS

ENJOY 10% OFF ALL FOOD AND
NON-ALCOHOLIC BEVERAGES



1679 Blair Road
R.R. #33
Cambridge
653-7909



NOW HIRING PEER TUTORS

QUALIFICATIONS

- *A or high B in completed subjects
- *Enjoy working with people
- *Strong communication skills

BENEFITS

- *Develop teaching skills
- *Make new friends
- *Wage of \$7.00 per hour

TUTORS HAVE SAID

- "Gained confidence in myself"
- "Satisfying seeing the improvement in student's marks."
- "Great experience"

INFORMATION AND APPLICATIONS
AVAILABLE FROM STUDENT SERVICES 2B12

Benvenuto Hoan nghênh
Venido ၆၅၀၀၀၀၀၀၀၀၀၀
Soodbowow Jirubem!
Witamy ၆၅၀၀၀၀၀၀၀၀၀၀
Welcome ၆၅၀၀၀၀၀၀၀၀၀၀

*New to Canada?
Only here for a few years?
Is English your second
language?*

Meet others and share your
concerns

Wed. Oct 2 8:00 a.m.

Room 2B11

INTERNATIONAL STUDENTS
GROUP

New Students Welcome!



SEPTEMBER AT A GLANCE

INTRAMURALS

INTRAMURAL ACTIVITY SCHEDULE
SIGN-UPS BEGIN TUESDAY, SEPTEMBER 3 TO TUESDAY, SEPTEMBER 10, 1991
11:30 A.M. TO 1:30 P.M.
DOON CAFETERIA

ACTIVITY	SIGN-UPS OPEN	SIGN-UPS CLOSE	SCHEDULING MEETING	LEAGUE BEGINS	BOND AMOUNT
- CO-ED SLO-PITCH	TUESDAY, SEPTEMBER 3	TUESDAY, SEPTEMBER 10	WEDNESDAY, SEPTEMBER 11 AT	MONDAY, SEPTEMBER 17	\$ 35.00
- MEN'S FASTBALL	TUESDAY, SEPTEMBER 3	TUESDAY, SEPTEMBER 10	5:00 P.M. - REC CENTRE (UPPER	TUESDAY, SEPTEMBER 18	\$ 35.00
- "ULTIMATE" CO-ED LEAGUE	TUESDAY, SEPTEMBER 3	TUESDAY, SEPTEMBER 10	LOUNGE). TEAM CAPTAINS OR REPS	WEDNESDAY, SEPTEMBER 19	\$ 35.00
(OUTDOOR FRISBEE FOOTBALL)			MUST BE PRESENT AT THIS MEETING		
			BRING ENTRY LIST AND BONDS.		
INTERCAMPUS TOURNAMENTS					
- CO-ED SLO-PITCH TOURNAMENT	TUESDAY, SEPTEMBER 3	TUESDAY, SEPTEMBER 10	WEDNESDAY, SEPTEMBER 11 AT	TOURNAMENT IS	\$ 30.00
			5:00 P.M. - RECREATION CENTRE	THURSDAY, SEPTEMBER 12	PER TEAM
				4:30 TO 8:00 P.M.	
- CONTACT HOCKEY LEAGUE	TUESDAY, SEPTEMBER 3	THURSDAY, OCTOBER 3	THURSDAY, OCTOBER 3 - 5:00 P.M.	TUESDAY, OCTOBER 8	\$ 150.00
			HOCKEY MEETING	4:30 TO 7:30 P.M.	PER TEAM

WELCOME-ASK S.A.C.-"They'll tell you where it's at!"

STUDENT ATHLETIC COMMITTEE (S.A.C.)

The Student Athletic Committee is comprised of students from various programs. They are hired to assist the Athletics staff in the operation of the Intramural/Inter-Collegiate programs.

The Committee works to offer a variety of extracurricular activities designed to allow students, staff, and faculty opportunities for recreation and sports that enhance social, psychological, and physical well being.

The Committee are also involved in Student Leadership opportunities (elective and workshops), attending a seminar with college/university students from across Ontario, and in making informal presentations to various student groups throughout the year.

Committee members may be reached through the Athletics Office at 748-3512, extension 386 or in the Intramural Office which is located in the Recreation Centre.

We welcome all suggestions which will enhance the Athletic Program.

All positions are for one year. More information on how to become a member of the Athletic Committee may be obtained through the Athletic Office or call 748-3512, extension 386. Applications are available in February of each year.

1991/92 STUDENT ATHLETIC COMMITTEE (S.A.C.)

MEN'S CONVENORS

Russ Mendarvilla - Law & Security Administration
Chris Wojcik - Construction Engineering

CO-ED/WOMEN'S CONVENORS

Janny Venderzweeg - Business Accounting
Jennifer McKnight - Construction Engineering

CAMPUS PUBLIC RELATIONS CONVENORS

Marie Newall - Early Childhood Education
Walter Rock - Woodworking
Mery Sue Shortreed - Recreation Leadership

PROMOTIONS/PUBLICITY CONVENORS

Diana Muntowski - Business Marketing
Adam Boissonaault - Broadcasting

INTER-CAMPUS/EXTRAMURAL CONVENORS

Kelly Longsteff - Nursing
Trecy Ryan - Law & Security Administration

FUNDRAISING CO-ORDINATORS

Jeimi Prentica - Law & Security Administration
Tracay Orvis - Law & Security Administration

Treacy Gimby - Athletics Assistant
Barb McCauley - Intramural Co-ordinator

WE NEED



Conestoga College Officials Association

C.C.O.A. - The Conestoga College Officials' Association has been developed to improve the quality of officiating and to increase an interest in officiating, in hopes of creating a larger core of reliable officials.

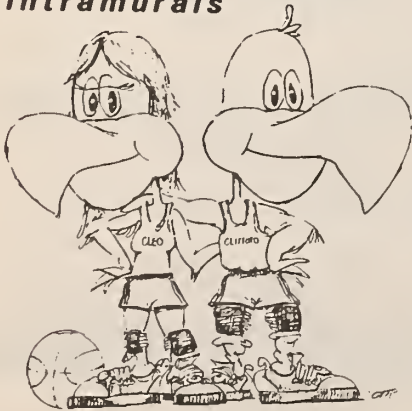
Members of the C.C.O.A. will include all officials at Conestoga College and these people will be recognized for their efforts. An Official of the Month will be chosen on the basis of their performance as an official of their sport.

Clinics for each sport will be offered to all officials. This is an attempt to provide the most knowledgeable, well trained officials for the entire Intramural and Varsity Program. Through this newly developed association, the Athletic Department hopes to provide trained officials for our Intramural and Varsity programs.

NOTE: Athletic Calendars will be available during Orientation Week and also given out at classroom visitations. Please ask for your copy early in September - these can be picked up at the Recreation Centre - Athletic Office, or at the sign-up table in the Doon Cafeteria.

INTRAMURAL Opportunities

Intramurals



INTRAMURAL (all positions are paid)

REFEREES AND SCOREKEEPERS: are required for most men's, women's and co-ed Intramural leagues. Programs include Co-ed Touch Football, Softball, Indoor Soccer, Men's Contact Hockey and Non-Contact Hockey, Ball Hockey, Co-ed Broomball, Volleyball, Ringette, and Basketball, just to name a few. Programs run Monday through Friday from 4:00 p.m. to 11:00 p.m. and experience is not a necessity as we can train. Clinics will be provided prior to all sports. Hourly rates are paid for all positions.

INTRAMURAL COMMITTEE: positions will be available for the '92 school year beginning in January. If you want to become involved in assisting with the Intramural program, then watch for details in the school newspaper "Spoke". Convenor positions will be open to assist with a variety of activities as well as assisting with scheduling, running special events, tournaments and much more. Honorariums are paid for these positions.

For more information on Intramurals call the College at 748-3512 and ask for Ext. 386/231.

EQUIPMENT ROOM ASSISTANT/S: are required from the hours of 3:30 to 8:00 p.m. weekly (Wednesdays 3:30 to 11:30 p.m.) totalling approximately 24 hours/week. Responsibilities include distribution of equipment and daily repair and maintenance.

ATHLETICS

The Athletics staff welcomes you to Conestoga College. Our department offers a wide variety of programs for you to get involved in. The Varsity/Intercollegiate program offers eight different sports for you to choose from. All try-out dates, times and places are listed below for your information. We also offer an extensive Intramural/(Recreational/competitive) program that runs throughout the school year - that is available to all full time students as well as staff and faculty. We encourage all students to take advantage of the programs available and you may become involved at any time of the year (but read on for specific dates of programs starting). The sooner you get involved the better...for more information regarding any of the following programs, call 748-3512, or visit the Recreation Centre - "You'll be glad you did!"



D YOU!



VARSIITY Try-outs

Conestoga College Condors Intercollegiate sports teams compete in the following sports: women's softball, men's and women's soccer, men's and women's basketball, men's hockey and men's and women's volleyball. The college is a member of the Ontario Colleges Athletic Association (O.C.A.A.), the International Collegiate Hockey League (I.C.H.L.), and the Canadian Colleges Athletic Association (C.C.A.A.). In addition the intercollegiate teams compete against top level clubs as well as Canadian and American university teams. See the calendar for tryout dates. All Condor home games are included in the calendar pages. Intercollegiate information number: 748-3512 Ext. 385.

(Dates to remember)

GET INVOLVED!!

- * ALL TEAM TRY-OUTS WILL BE HELD AT THE INDOOR AND OUTDOOR FACILITIES AT THE RECREATION CENTRE *
- * ALL VARSITY SPORTS WILL HAVE ADDITIONAL EXHIBITION GAMES-WATCH POSTERS AND "SPOKE" FOR DATES *
- * FOR ADDITIONAL TRY-OUT DATES OR INFORMATION CALL 748-3512, EXTENSION 385 *
- * Inquire about Athletic Scholarships available to all Varsity programs. Applications may be picked up in the Athletic Office at the Recreation Centre.

SPORT	TRYOUT DATE	TIME	LOCATION
Women's Soccer	Tuesday, September 3	4:30 p.m.	Soccer Field
Men's Soccer	Tuesday, September 3	4:30 p.m.	Soccer Field
Women's Softball	Tuesday, September 3	5:00 p.m.	Diamond #1
Men's Hockey	Tuesday, September 3	5:00 p.m.	Arena
Men's Basketball	Monday, September 16	5:00 p.m.	Gym
Women's Basketball	Monday, September 23	5:00 p.m.	Gym
Women's Volleyball	Tuesday, October 1	7:00 p.m.	Gym
Men's Volleyball	Tuesday, October 1	7:00 p.m.	Gym

VARSIITY Opportunities

Many part-time jobs exist in the Recreation Services Department providing students with an opportunity to earn some extra money and benefit from a productive learning experience. Positions are open to all Conestoga students and opportunities range from officials and scorekeepers, just to name a few. Why not spend a few hours a week making new friends, earn some extra income and have some fun while at Conestoga?

VARSIITY

TIMEKEEPERS: are required for Varsity Basketball games (men's and women's) as well as for the Varsity Hockey games. All schedules begin around mid-October and run through until March.

ASSISTANT TRAINERS: are required for Varsity teams, which include the following: Men's Soccer, Women's Softball, Men's Hockey, Women's Soccer, Men's and Women's Basketball and Men's and Women's Volleyball. If you have an interest in sports and obtaining your First Aid Certificate, they you may be interested in one of these positions. Some programs begin the first week of September so inquire early. Honorariums vary.

For more information on schedules and times call the College and ask for Ext. 385 or 748-3512.

WATERLOO CAMPUS WELCOMES YOU

YOU'LL LOVE OUR BOOKSTORE
FORGOT IT? NEED IT?
WE HAVE IT!
COME IN AND EXPLORE -
YOU'LL FIND LOTS OF
TREASURES NOT USUALLY
FOUND IN A BOOKSTORE.
AND REMEMBER -
SMILES ARE FREE!
CONESTOGA COLLEGE



WATERLOO CAMPUS BOOKSTORE

What is a teacher?
A guide. Not a guard.

What is learning?
A journey.
Not a destination.

What is discovery?
Questioning the answers. Not
answering the questions.

What is the process?
Discovering ideas.
Not covering content.

What is the goal?
Open minds.
Not closed issues.

What is the test?
Being and becoming.
Not remembering
and reviewing.

What is the school?
Whatever we chose to make it.

Alan A. Glatthorn.



MESSAGE FROM THE EXECUTIVE by Paul Griffin, President

On behalf of the entire 1991/92 Waterloo Student Association, we would like to extend a warm and sincere welcome to both new and returning students.

We hope to provide you with entertaining and enjoyable activities throughout the entire year, so that your experience here at Conestoga College's Waterloo campus is a memorable one. We're looking forward to meeting

all of you this year and we hope you'll join us and get involved. It does not matter how much planning and preparation goes into an event; it's the student's participation that determines its success.

We encourage you to drop by our office and see us at anytime. We'd be glad to see you. Let's work together and make this year Waterloo's best!

September Main Events

Tuesday 3rd.....Pizza, Pop & Entertainment

Wednesday 4th.....Baseball Game & Barbecue

Thursday 5th.....Afternoon of Fun at Bingeman Park

Wednesday 11th.....Blue Jays game

Thursday 19th.....Mix N'Mingle Pub

Staurday 21st.....Charity Car Wash



Faculty "Foxy's" Fiftieth.... "Everyone" has fun at Waterloo!!!

WATERLOO CAMPUS WELCOMES YOU

DO YOU KNOW....

What the Waterloo campus learning resource centre has to offer?

You have access to over 50,000 books, periodicals, and video tapes through an intercampus loan service. The L.R.C. has over 500 files on various topics, that are kept current.

The L.R.C. keeps back issues of periodicals for five years.

You can make a photocopy for 10 cents just outside the L.R.C.

You can view a videotape in the L.R.C.

The L.R.C. has a paperback collection, including science fiction.

OPEN: Monday-Thursday 8:00 a.m.- 8:00 p.m.

Friday 8:00 a.m. - 2:30 p.m.



WATERLOO..... A GREAT PLACE TO MAKE NEW FRIENDS!

...How to book a fabulous meal in the "Conestoga Room?"

Did you know that the Waterloo campus has a licenced dining room? The "Conestoga Room" is operated by the students of the Hospitality Programs. Students, employees and public are welcome.

Lunches are prepared and served at 12 noon by 1st and 2nd year students in the Food and Beverage Management Program, Tuesday through Friday, commencing in October.

The Conestoga Room is also open on Wednesday evening for dinner from 5:30 p.m. - 7:30 p.m. These meals are prepared and served by students in the Hospitality Programs.

The prices are the best in town, so make your reservation now for a wonderful dining experience at the "Conestoga Room," Waterloo campus.

*** Reservations may be made by calling 885-0300 ext.244 between the hours of 11:00 a.m. - 2:00 p.m., Tuesday through Friday.***

....What Student Services has to offer?

* Who to contact for O.S.A.P. information? June Dalmer, Student Services. It's not too late to apply for O.S.A.P., but once approved the process period takes 8-10 weeks.

* What to bring with you when picking up your loan? Must bring your statement of summer earnings.

* Where to go if personal problems are getting you down? Lorraine Garner, Counsellor, Student Services.

* Who to see if you have Special Needs? Lorriane Garner, Counsellor, Student Services.

* Who to contact if you need a tutor or want to be one? Alice Kerr in Student services.

* Where to get medical help or advice? Marilyn Fischer, Health nurse (Student Services - Monday & Wednesday a.m.)



The CHILD CARE CENTRE at Conestoga College's Waterloo campus was a joint venture between the Ministry of Community and Social Services, Manufacturer's Life and the College. The 90-space centre is designed to meet the child care needs of families with infants, toddlers, and pre-schoolers and to serve as a training centre for students in the Early Childhood Education program. Enrolment in the centre is open to families of Manufacturer's Life, the College, and the community. To obtain additional information or to register your child, please call Corinne Potts, Team Leader: 725-3000



YABBA DABBA DOON ORIENTATION '91

For some great entertainment come to the
DSA'S FREE NOONER

featuring Steve Cox

Tuesday, September 3, 1991

12:30 p.m. - 1:30 p.m.

Don't miss out on a great time!



KITCHENER TRANSIT PASSES ON SALE

Tuesday, September 10th, 1991

Wednesday, September 11th, 1991

from 10:00 a.m. to 2:00 p.m.

location by door #3

COST OF A 4-MONTH TRANSIT PASS

\$147.00, PLUS \$4.00 FOR PHOTO I.D.



CASH ONLY

Student Card # Required

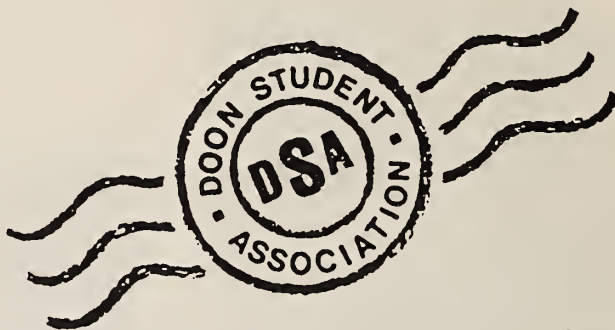
FOR FULL TIME STUDENTS ONLY



FITNESS AT CONESTOGA

Recreation Centre Conestoga College FITNESS CLASSES		
MORNING mon-wed-fri 7:15-8:00 a.m. 	LUNCH HOUR  mon-wed-fri 12:35-1:10 p.m.	4:40 tues-thurs 4:40-5:15 p.m.
3 TIMES TO CHOOSE FROM		
Classes start Sept. 16th No registration, just drop-in FREE !! to students and members		

This is a stage of life where previously, physically active individuals become more sedentary. Avoid the resulting reduction in fitness level and increase in body fat by visiting our C.A.S.S. Certified Lab. Find out what your present fitness level is, examine your nutritional habits and assist in the development of an activity programme designed to meet your specific needs and lifestyle. To book an appointment, drop by the Recreation Centre.



The DOON STUDENT ASSOCIATION
is now accepting applications
for the following positions:

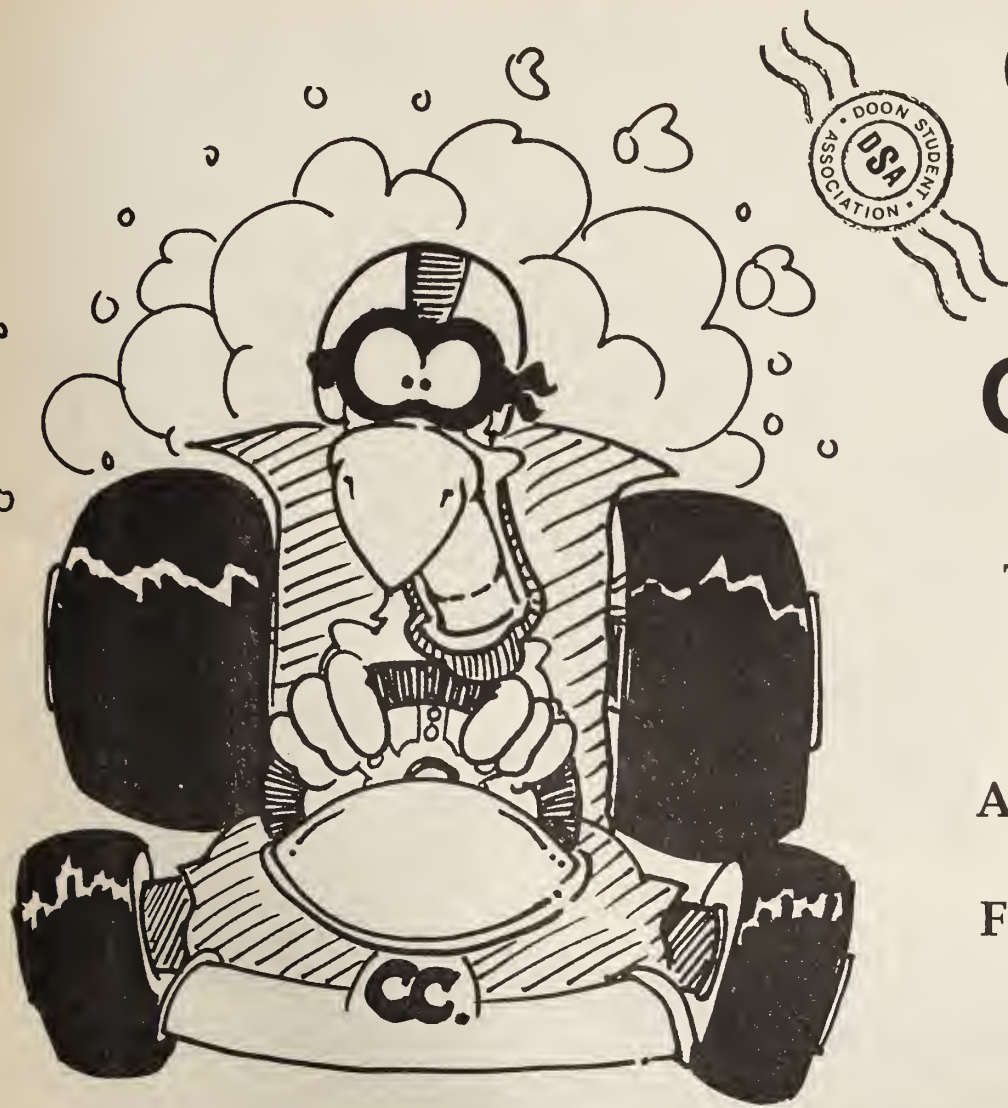
PUB MANAGER

TREASURER

PUB STAFF



Applications are available at the DSA Administration Office.
For more information call 748-5131.
Deadline for applications is FRIDAY, SEPTEMBER 13, 1991, 12:00 NOON.



CONESTOGA COLLEGE ANNUAL ORIENTATION CAR RALLY

Thursday, September 5th, 1991

Entry Fee \$2.00 per person

Rally begins at 3:00 p.m.

at Parking Lot #3

Awards Presentation at 6:30 p.m.

at the Edelweiss Tavern

For a registration form and more
information see Becky at the
DSA Activities Office down-
stairs in the main cafeteria

TORONTO BLUE JAYS BUS TRIP

Monday, September 30th, 1991

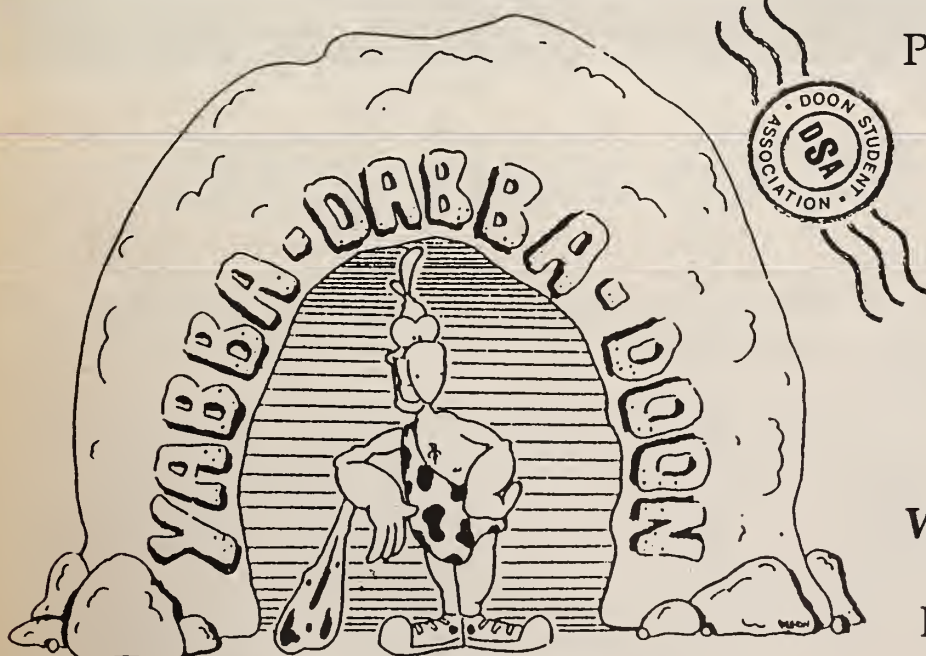
BLUE JAYS vs. CALIFORNIA

\$18.00 per person includes transportation and seats

CASH ONLY!

Sign up at the DSA Activities Office by September
20th, 1991

LIMITED SEATS AVAILABLE



Orientation '91
- CONESTOGA COLLEGE -

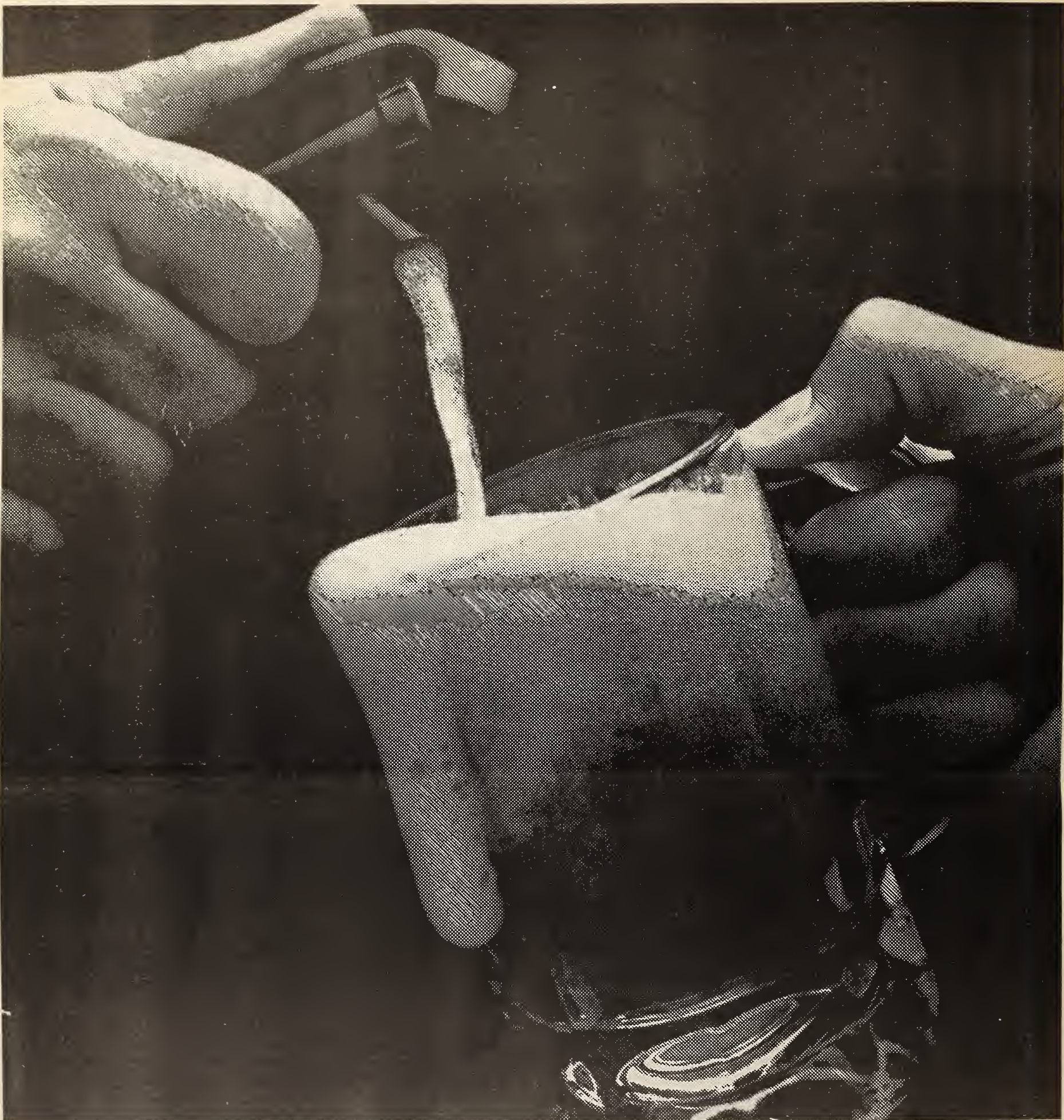
ORIENTATION T-SHIRT

Pick up times: Tuesday, September 3rd, 10:00
a.m. to 2:00 p.m.

Wednesday, September 4th,
10:00 a.m. to 2:00 p.m.

Location: Main Cafeteria outside the
Dsa Activities Office

Wear your YABBA DABBA DOON
ORIENTATION T-SHIRT to the
MOLSON'S POND PARTY on
Wednesday, September 4th, 1991 and take
part in the ORIENTATION GROUP
PHOTO outside by the pond at 1:30 p.m.
ORIENTATION T-SHIRTS ARE TO BE
WORN TO BE ELIGIBLE TO WIN
THE MANY PRIZES



90% of campus rapes start here.

Whenever there's drinking or drugs, things can get out of hand.
So it's no surprise that most campus rapes involve alcohol.

But men should know that under any circumstances, sex without
the other person's consent is considered rape, punishable
by prison. And drinking is no excuse.

That's why, when you party, it's good to know what your limits are.
You see, a little sobering thought now can save you from a big
problem later.

Trade programs opening to women

By Valery Heiler

Several years ago, Bill Buckley, coordinator of the motor vehicle mechanics and apprenticeships program at the Guelph campus, couldn't imagine women working in the skilled trades industry. Today he has a different view.

Buckley is now an advocate of women in trades.

"Eight women have graduated from a trades program at Conestoga. All of them were good students and they were technically oriented. You can tell by the way they pick up a wrench and look comfortable with it," Buckley said.

Buckley learned a lot about women in trades when his daughter took an interest in technical courses at school at a young age.

His daughter, Tracey, is now at Western University studying engineering, a male dominated field. She had to face a lot of disapproving faces to get where she is now and Buckley watched her struggle.

"I had to go to her school every September and talk to her guidance counsellors who did not want her to take any of the technical courses. They said it wasn't ladylike and she should be taking home economics," Buckley said.

This is what most women are faced with when they become interested in a non-traditional occupation.

While the technical programs are now trying to attract more women, it still remains difficult for women to find jobs in the trades when they graduate.

Jennifer Blackie, administrative assistant to the dean of trades and

apprenticeships, said that while the Kitchener-Waterloo and Guelph area is progressive and does accept women working in the trades, more rural areas are still against women working in a male dominated field. "Everyone should be given the opportunity to try, and employers should try hiring women," Blackie said.

But she said there are many problems which are slowing the acceptance of women into the industry.

"One day I say it's the women's fault and the next day I believe it's the employers' fault. Women will find good jobs and then lose them because they can't get a babysitter, or something stupid. And not enough employers will hire women," Blackie said.

Buckley said more women should be involved in the trades if they are interested in working with their hands.

He said that more women would probably be involved if they had not been steered away from technical programs all their lives.

One of the main problems is guidance counsellors, he said.

It isn't their (guidance counsellors) fault. They have academic backgrounds and they direct most students towards university.

There should be someone in every guidance office who can recognize technical skills, he said.

"I've had students who came to the trades program after spending a few years at university. They were not academic people. They had great technical skills and someone should have recognized that before they went to university," he said.

Some people should go to university because that is what they are good at and some people should enter the trades because that is where their talent is.

Working in a trade has definite advantages for someone who likes to do physical work and stay fit.

"Women work out to stay fit and in shape and then sit behind desks all day at work," Blackie said. The trades offer women and men a chance to keep fit while working.

Both Buckley and Blackie agreed the most important ingredient for success in the trades is a good attitude.

Buckley said women must not be afraid to enter an environment where they are a minority.

Blackie said women must be aggressive. If they are having problems carrying the heavy equipment they can go to a gym and lift weights to improve their strength.

"If a woman wants to succeed in the trades, she will; if she is not determined, then it gets more difficult," she said.

The province has programs to make women more aware of the options they have in the trades. The program began two years ago with temporary staff but has now become an important project for the ministry.

If the ministry and Buckley can help it, the next plumber or mechanic you hire may be a woman.



Bill Buckley, co-ordinator of the motor-vehicle mechanics apprenticeship program, shows a car engine.

(Photo by Valery Heiler)

Campus Bible Study

Tuesdays

12 p.m. - 12:30 p.m.

Student Lounge - Waterloo Campus

For more information call

884-5712 or 747-2698

AN OPEN LETTER TO CONESTOGA COLLEGE STUDENTS

Welcome -- or welcome back. As you start a new year at Conestoga, we wish you every success in your chosen program of study.

We remind you that Conestoga is a smoke-free environment.

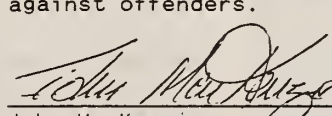
The smoke-free rule became necessary because:

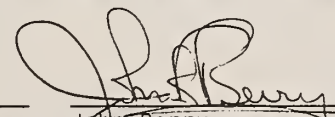
- the College strives to ensure a healthful environment for all members of the Conestoga community;
- an increasing number of students and employees were expressing concern about the harmful effects of sidestream smoke;
- according to its union contracts and the Ontario Occupational Health and Safety Act, Conestoga has a legal duty to take every reasonable precaution to ensure it does not endanger anyone on its premises.

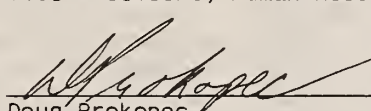
Consequently, the College's Board of Governors, supported by its unions and staff associations, approved a smoke-free policy, which came into effect June 1, 1988.

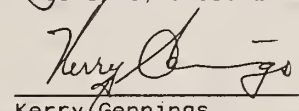
Smoking is not allowed in any College building at any time.

We fully expect that you will be considerate of others during your time at Conestoga. However, those who choose to violate this or any other College policy should be aware that the College will firmly, though regretfully, take disciplinary measures against offenders.


John MacKenzie
Vice President, Human Resources


John Berry
President, OPSEU Local 237


Doug Prokopec
Chairman,
Administrative Staff Association


Kerry Gennings
President, OPSEU Local 238

Conestoga
College 

O'TOOLES
Good Friends. Closer Than You Think.

Welcome, Frosh and Returning Conestoga students

**MON. 2 for 1 fish& chips
\$4.99 all day Buy one order of
fish and chips at regular price
get second one free**

**TUES. 20 cent wings after
4 p.m (eat in only)**

**WED. 1\2 price on selected
items from O'tooles menu
(after 9 p.m.)**

**THURS. Conestoga College
students night
D.J dancing provided from
9 p.m till 1 a.m**

Note: Conestoga students receive 10%
discount on all food items. I. D.
required.

**Visit O'Tooles location at
Manitou and Fairway Rd.
Phone 893-8008**

OSAP office:

Conestoga College registrar Betty Martinsays her contact with students is challenging

By Ilana C. Dadds

Betty Martin, registrar of Conestoga College, said she is proud of her involvement with students, and the work she has done with them. Martin's office bills students for tuition and accordingly makes payment arrangements with those who can't pay right away. Her office deals with OSAP applications, payments, grants and even appeals. "I enjoy the contact with the students. . . it certainly is challenging, and rewarding too," said Martin of her position. "The exciting part is working with the students as they start," Martin said, and one of the most rewarding aspects of her job is following the progress of students, right up until "seeing them on stage at graduation."

Martin herself was born and raised in Waterloo Region where she still lives with her husband and son. For years she lived on farms, one in Wilnot Township, and one in Mannheim. She went to Rockway Mennonite Highschool and moved on to Loughheed Business College in Kitchener, to study as a legal secretary and learned how office systems worked. Her first job was with the City of Waterloo in the building and

plumbing department and then moved to a law firm where she stayed one year. Her next position was with Ontario Legal Aid planning for about five years. Then, in 1971, she joined Conestoga College as director of Student Services. In time she became an admissions and awards officer in the registrar's office. Her next position was associate-Registrar, and in May 1988 Martin became Registrar. What contact with students does a person in the position of Registrar have? Martin says she will interview students when they are appealing a decision made by OSAP, or for awards (bursaries) or students who are referred to her by her subordinates. Martin also travels to highschoools to give presentations on Conestoga, she gives program orientations, and is involved in the Experience Conestoga program. Martin said her biggest challenge as Registrar is "trying to keep up with the direction the college is going," Martin said. More and more Conestoga is turning toward part-time night studies. It's a challenge, Martin said, for her office to keep up with the situation, "to insure the student record is



Betty Martin speaks on the phone in her Doon campus office. (Photo by Ilana C. Dadds)

accurate." Martin compares the registrar's office to the hub of a wheel, which is Conestoga College. Her office is the heart of the school, and consequently one of the busiest departments going. It is the variety, Martin said, that she enjoys most about her position, as well as the fact that her department work is always different and provides a lot of contact with people. She pointed out of the small win-

dow of her medium-sized office. "I'm excited about the changes happening at the college. . . the growth that is evident is exciting," Martin points to the scaffolding construction workers were madly laboring at. Her office is to move into the new building being erected where all the portables used to be, in front of the administration building. One of the changes she is happy about is the new image the college has in the community through ad-

vertising and increased number of night courses available. However, Conestoga College is far from perfect, and Martin said more needs to be done for the students. "I wish for supports such as resources to meet the needs of the students. Better equipment to provide better student reports in a more timely fashion," she said carefully.

Martin said she plans to stay with Conestoga College until her retirement. "The college meets my personal and professional needs," she said. Her message to students? "I want to stress the importance that we are kept informed of any changes that may effect the student record. For example, dropping a course. I encourage students to read the student guide," Martin said. Martin said that all letters or instructions that are sent to students should be read, or they wouldn't send them. She stressed the importance of noting all dates listed so a meeting or class is not missed. "We're approachable, and we are open 8:30 a.m. to 4:30 p.m.. Most students tend not to approach but, we are here to help them," Martin said, not only referring to the Office of the Registrar, but to student services and placement services.

Sports:

Intramural supervisor enjoys variety of activities connected with her administrative job

By Matthew Saddington

Barb McCauley, supervisor of intramurals at Conestoga, has been with the college since 1981, and has a variety of duties connected with the college's recreation centre. McCauley also supervises the student athletic committee, extramural programs, the awards banquet, is responsible for most of the public relations work at the recreation centre, and is the co-ordinator of the adult summer slo-pitch league. The student athletic committee (SAC) was started eight years ago and is still building, said McCauley. "We hire between four and 12 students every year to be on the committee," said McCauley. "The students apply and are interviewed by the committee of the previous year."

The students on the committee are paid an honorarium, the amount of which varies from year to year, but usually works out to be about minimum wage, said McCauley. You don't have to be athletic to be on the committee, she said. "Students think that because they don't play sports, they're not eligible, but anyone can apply."

Being on the committee also helps in other ways, she said. She believes that the students who leave the college having been on the committee are the ones who tend to get involved in what is happening in their community. The job that takes up most of McCauley's time, though, is the intramurals. Intramurals run through the whole school year and includes sports for



Barb McCauley.

people who don't like things to be too competitive. "Students sign up their own teams and come out and play," said McCauley. "We try to stress the fun part of intramurals more than the competitive side. If it gets too competitive, then some students don't want to play." Some new intramurals will be starting this year. These include: ultimate league Frisbee football, a fast moving game played on a soccer field in which teams try to move a Frisbee from one end of the field to the other; a new men's contact hockey league; and women's ball and floor hockey. "More co-ed sports are also being set up," said McCauley, "but we are not sure what sports yet. I also welcome any suggestions that students may have for new intramural sports." McCauley is also responsible for a lot of the public relations at the rec-

reation centre. "I have to set up the athletic calendar, and any sort of information fairs that the school is running," she said. "It takes a lot of time to do it, but it is fun. I also go and talk to the new (students) to tell them about the recreation centre and what we offer them for the money they pay in athletic fees." At the end of every school year, McCauley is responsible for arranging the athletic banquet. "The athletic banquet is one of the hardest things to arrange," she said. "I have to find a place to host it and arrange for all the food, speakers, and trophies . . ."

McCauley is also the co-ordinator for the adult summer softball league at the college. She makes sure the teams have the right amount of players, five women and five men, and compiles all the statistics on the teams, besides playing on one of them. "I don't think that playing on one of the teams compromises any of my principles. You can't cheat with scores in slow-pitch. If your team lost, then they lost."

McCauley said that with the appointment of the new athletic assistant that some of her workload has been reduced. "The athletic assistant has been a real help to me and the recreation centre. Having the assistant means that we (staff) can put more time into the sports and recreation without having to worry about little things. I still think that we need another full-time staff member, though." McCauley doesn't only deal with

sports in the college. She was recently appointed to be a member of the women's safety audit committee at the college. McCauley said that she was pleased with the issues that were discussed by the committee and hopes to see some of the recommendations put into effect. McCauley has been a part of many committees throughout the college. She has been a member of numerous safety committees, orientation task forces and part of the experience Conestoga program. "I like to be involved with what is

happening at the college," said McCauley. "Being on committees is good and it allows me to get my ideas across to others. I find it very rewarding." The favorite part of her job is still the students, she said. When she sees them having fun and getting some exercise, it makes her feel she is doing her job properly. "I like to see first-year students come out for intramurals the best," said McCauley. "It is a great way to make new friends, and you get some exercise too."

SPOKE NEWS FLASH

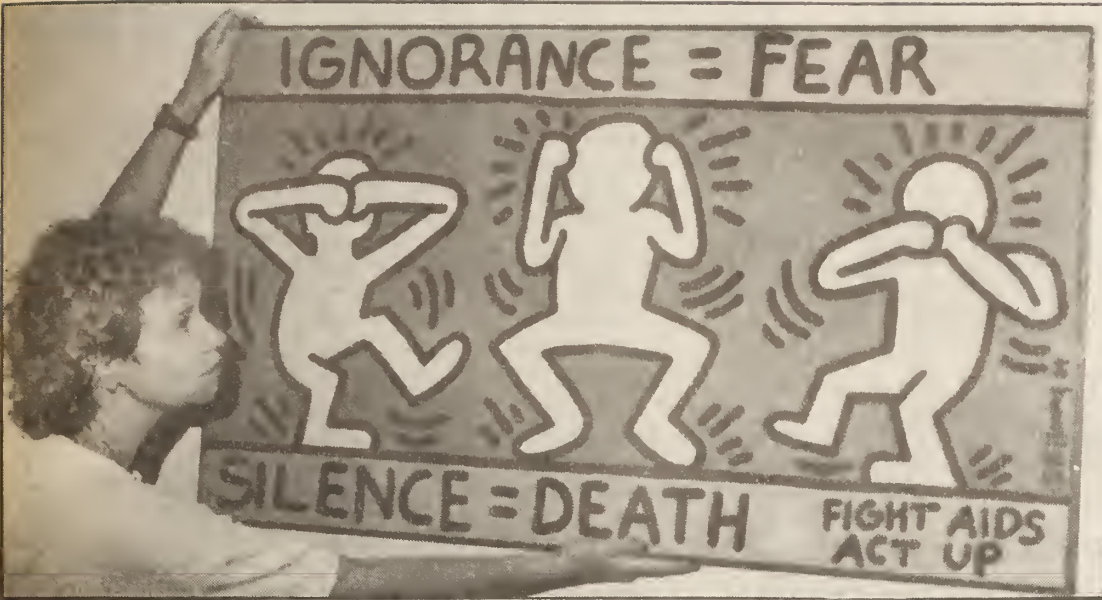
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AIDS: what it is and who's at risk



Jane Greer, counsellor at the Hassle-Free clinic in Toronto, adjusts a painting made for the clinic.
(Photo by Lyn McGinnis)

Everyone equally at risk

By Lyn McGinnis

Many students think AIDS will not affect them and take no precautions against contracting the virus, said Marilyn Fischer, senior nurse of health services at Conestoga's Doon campus.

"College students feel it's never going to happen to them. They think they are immortal. There are those who believe that as long as they are on the birth-control pill, everything is fine. But that isn't the name of the game," Fischer said. Midge Ennis, a health nurse at both the Doon and Guelph campuses, said because the AIDS virus is associated with certain groups, such as gays and IV drug users, many students feel they have nothing to worry about.

Other authorities, including Josee Duffhues, the supervisor of the AIDS program at the Waterloo Region Health Unit, agree.

"Anyone who is sexually active and not using protection, and whose partner has a sexual history they aren't aware of, which is most of us, could be at risk. We're certainly not talking about gay men, or bisexual men." Women are the fastest-growing risk group right now, Duffhues said.

Mark Davies, the education director of the AIDS Committee of Cambridge, Kitchener-Waterloo and Area (ACCKWA), said the person who is most at risk is the person who doesn't think he or she is at risk.

"The infection rate in gay men is dropping, but the rate in heterosexuals, especially women, is increasing. This tells us it's now the heterosexual community that needs to be aware of what they are doing," Davies said. Leslie Gainer, the director of the Women and AIDS Project at the AIDS Committee of Toronto, has been working for the past eight months putting together educational material and talking to doctors about the threat of AIDS to women.

"The majority of HIV-positive women are straight," said Gainer. "Well over 60 per cent of the women in Canada contracted the virus through heterosexual contact, not through IV drug use like lots of people would like to think."

"Many rationalized, saying, 'Not me, I don't use drugs, I don't shoot up, therefore my risk is that much lowered.'"

Gainer said women have to set the stage about condom use clearly at the very beginning of any relationship.

Ed Jackson, acting executive director of the AIDS Committee of Toronto, said knowing the history of your partners isn't much of a guarantee.

"People either lie, or they don't know," Jackson said. "Safer sex is an investment in the future. It's better to learn the precautions and integrate them into your life, making them an ordinary part of living, rather than some special wartime precaution you're taking."

AIDS: what it is and what it does

By Lyn McGinnis

According to Josee Duffhues, supervisor of the AIDS program at the Waterloo Regional Health Unit, AIDS is a condition where your natural immune system gradually breaks down, leaving the body open to infections it would usually be able to fight off.

These "opportunistic infections," such as rare types of pneumonia and cancer, are the usual causes of death among AIDS patients.

AIDS is caused by the Human Immunodeficiency Virus (HIV), which researches say can remain inactive in the body for a period of months or up to 10 years or more.

While the infected person may live for years without exhibiting any symptoms, they can still pass the virus on to others.

"You can infect people from the day that you are infected until the day that you die," said Josee

Duffhues, supervisor of the AIDS Program for the Waterloo Regional Health Unit.

Ed Jackson, community education program director of the AIDS Committee of Toronto, said the virus only attacks a special type of white blood cell known as the helper-T cell.

This cell is responsible for recognizing threats and organizing other white blood cells to attack intruders.

Kay Golam, press officer for AIDS at the Centres for Disease Control in Atlanta, Ga., said in a telephone interview the virus stops replicating once it is in the air.

"Our laboratory studies show that undisturbed, at room temperature, whenever the fluid dries the virus is gone," Golam said.

Mark Davies, education director for the AIDS Committee of Cambridge, Kitchener-Waterloo and Area (ACCKWA), said this rules out

what is known as infection from "casual contact," such as the usual day-to-day activity between students, teachers and staff.

"We say that urine, saliva, sweat, tears, they all have a small trace of the virus, but it's so small that it's not worth worrying about," said Davies.

"If it were a major problem, we would have seen so many cases by now, and it just hasn't happened." Duffhues said only in the transmission of blood and semen and other internal body fluids is the virus sufficiently concentrated to infect another person, and only when these infected body fluids pass quickly from one body to another.

"Unprotected sexual contact with an infected partner is risky," said Duffhues.

"And it is important to mention that it's unprotected sex with an infected partner, it's not unprotected sex in and of itself."

Sharing needles full of cocaine or heroin on the street, or steroids in the gym, an easy way to catch AIDS

By Lyn McGinnis

Direct injection of infected blood into the bloodstream is a common way of getting AIDS, according to Janis Tripp, a paramedic counsellor at the Hassle-Free Clinic in Toronto.

Sharing needles, whether filled with cocaine or heroin on the street, or steroids in the gym, increases the risk of HIV infection because small traces of the previous user's blood can remain inside. The best way for those using needles to prevent the spread of the virus is to always use clean ones.

Josee Duffhues, supervisor for the AIDS Program for the Waterloo Regional Health Unit, said "each time you share a needle, you're doing a mini-blood transfusion from one person into another," she said.

In Waterloo Region, a committee of representatives from different social agencies has formed to study the problem of HIV transmission through needle use.

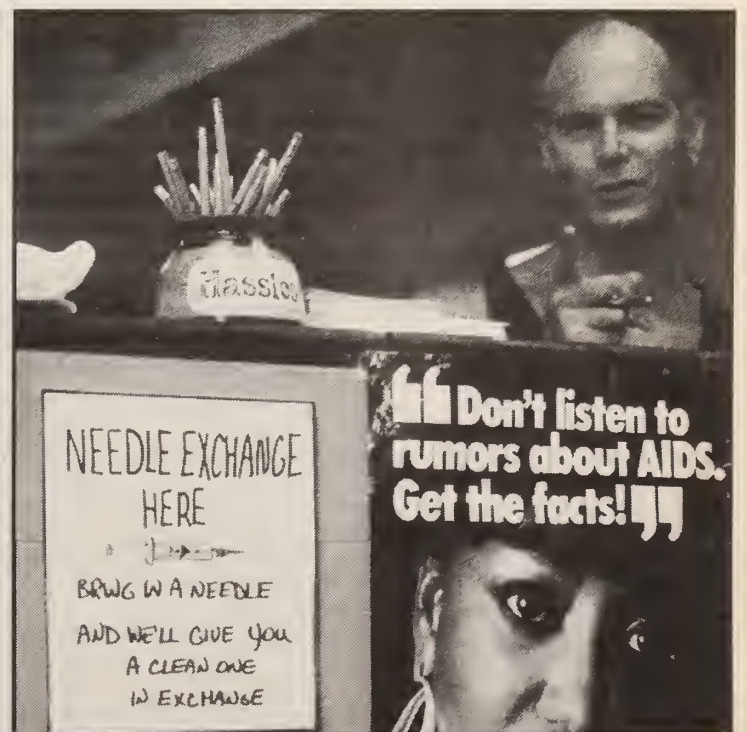
Toronto now has a needle exchange program in place, and people can exchange used needles for fresh ones at several places, including the Hassle-Free Clinic.

Duffhues said that for now, the best way to get clean needles is to go to a drug store and buy them. "And if you find a drugstore that says no, go to another drug store until you find one that will sell them. There usually are a number of drug stores that will sell them because they recognize the situation. There are pharmacists who say, 'I'd rather someone didn't get AIDS.'"

There usually are a number of drug stores that will sell them because they recognize the situation. There are pharmacists who say, "I'd rather someone didn't get AIDS."



Graphic courtesy of the Toronto Injection Drug Abuse Community Network.



Robert Berry, counsellor at the Hassle-Free clinic in Toronto, stands at the counter displaying its needle exchange program.
(Photo by Lyn McGinnis)

AIDS: be safe and take the test

Some doctors know little about AIDS testing

By Lyn McGinnis

There are problems with going to your doctor to get tested for AIDS, according to Mark Davies, education director of the AIDS Committee of Cambridge, Kitchener-Waterloo and Area (ACCKWA). "Family doctors tend not to be too familiar with AIDS and the testing process," said Davies. "A lot of people say 'I want this test and my doctor wouldn't give it to me because he said I didn't have a risky lifestyle.' We often run across that, and it's really not the doctor who should be making that assessment of the lifestyle, it should be the person wanting the test. So, basically, we don't recommend family doctors because of that."

Josee Duffhues, supervisor of the AIDS program at the Waterloo Regional Health Unit,

said going to a family doctor can be a hit and miss operation. "Some physicians are fantastic, others don't really have a clue," said Duffhues. "Any physician who is willing to provide testing without any counselling is probably not a physician a person would want to be tested by. The rule of thumb is, is your physician open minded, will your physician sit and give you counselling?" Duffhues said family doctors are not the best people to get tested by because AIDS is a specialized field, and doctors are constantly reading medical journals just to stay up to date on general practice. Ed Jackson, education director of the AIDS Committee of Toronto, has had similar experience with doctors. "Doctors are very, very busy and if they haven't had the experience of HIV then they

often are not very up on it. Dr. Kathleen Givan, chair of the AIDS committee for the Ontario Medical Association, said family physicians who have previously given the test to patients are going to be better than those who haven't. "If they've never had an (AIDS) patient and none of their colleagues have ever had a patient, they'd probably assume that it doesn't exist in their community and would poo poo people's request to be tested," she said. Along with special training courses offered to physicians, Givan said the Ontario Medical Association has initiated a buddy system for physicians. "A physician like this can call someone, probably in Toronto, who's had a lot of experience to benefit those out in the periphery and away from the teaching centres," she

said. Dr. Jeff Bloom, a family physician who specializes in HIV infection at Toronto General's family practice service, shares the concerns of Davies, Duffhues and Jackson. "Family physicians in major urban centres are more likely to have more experience and familiarity with policies and procedures and approaches to HIV than they will in smaller cities," Bloom said. "Now we have seen tremendous strides, but that doesn't mean you're going to find uniformly receptive and totally informed physicians in smaller areas," Bloom said. He said there are continuing medical education programs and that all students in medical school now learn about HIV infection. "It's going to take time. Physicians should have some basics. It depends on the community you're in," Bloom said.

Waterloo health clinic offers confidential testing

By Lyn McGinnis

While a doctor in Waterloo Region may have only one or two clients per year who are HIV-positive, the Sexually Transmitted Disease clinic at the Waterloo Regional Health Unit deals with an average of 300 people a year wanting to be tested.

The AIDS program itself receives an average of 80 to 100 additional people asking for the test, according to Josee Duffhues, supervisor of the AIDS program at the health unit.

"They will get an appointment for counselling through the AIDS program before they go to the clinic," she said.

"They don't have to identify themselves to the AIDS program counsellor. They would get a very thorough, in-depth counselling session regarding exactly what the test looks for and doesn't look for, what it does and doesn't do. They would be told what impact it may have on their lifestyle and their emotions. They would discuss support systems in the event there is an HIV-positive result," she said.

After they have the counselling they will have an appointment made to go to the clinic. Once there they will again be counselled.

"What we're trying to do through that process is ensure the person is ready to take whatever the results might be. I have seen people get a negative result and break down and

cry, because they were so convinced that they were HIV-positive that the shock of being negative was just too much," she said. After the actual test, the sample is sent off to be analyzed. A code name and number are put on the lab slip so no one outside the health unit knows who the sample comes from.

This is known as confidential test-

ing, as only the counsellor, the nurses and the doctor know who you are.

While there is greater security at the health unit than at general physician's office, many people are still uncomfortable about anyone knowing who they are when they are tested.

Mark Davies, education director of the AIDS Committee of Cam-

bridge, Kitchener-Waterloo and Area (ACCKWA), said many people they see are unwilling to give their name at the health unit.

"The way you can make the test anonymous is by giving a false name and address when you fill out the form," said Davies. "It's kind of understood that people do this. We tell people that they can give a false name and then if it goes into

the record, who cares, because it's not your name anyway," he said.

The health unit clinic is at 850 King St. W., in Kitchener. Hours of operation are Tuesday and Friday from 3-6 p.m. No appointment is necessary. The clinic can be reached at 744-7357.

On Thursdays, a Cambridge office located at 150 Main St. is open from 3-6 p.m.

Completely anonymous testing at Hassle-Free

By Lyn McGinnis

According to Marilyn Fischer, senior health nurse at Doon, most people who wish to be tested for the AIDS virus are going to the Hassle Free Clinic in Toronto. The Hassle Free Clinic is the only facility in Ontario that offers completely anonymous HIV testing.

"If your HIV blood test comes back positive, that report (normally) does go to the medical officer of health for the province, whereas at the Hassle Free, if they get a positive result, they can't match it up with names," said Midge Ennis, a health nurse at Doon.

Both the AIDS Committee of Cambridge, Kitchener-Waterloo and Area and the AIDS Committee of Toronto recommend anonymous testing. This can be done either by giving a false name and address when going to the regional health unit, or going to the Hassle Free Clinic in Toronto.

Ed Jackson, community education director at the AIDS Committee of Toronto, said he recommends anonymous testing "because it is a way to find out what your status might be

without having to automatically enter medical records."

Josee Duffhues, supervisor of the AIDS Program at the Waterloo Regional Health Unit, said the Hassle Free clinic only knows the client by an identifying number.

"Say you're number 126. They'll do the test and mark it number 126. When you go back in to get your test results, you simply say 'I'm number 126, could you please tell me my results.' Once you've got your result you walk out of there. Nobody knows who you are, where you live, anything about you except what you've been willing to share with them," Duffhues said.

Janis Tripp, a paramedical counsellor at the Hassle Free Clinic, said the clinic has to limit the number of people to be tested to 20 per day, because the clinic provides other health services.

The first appointment usually takes 30 minutes. The client speaks to a counsellor about HIV and forms of protection against it.

"We put it into perspective of what the actual risk might be. We give people a fair assessment

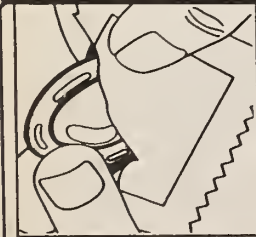
as to whether or not we they they are a high, moderate or low risk so they can start preparing for a positive result if necessary."

The clinic protects the individual's right to privacy but also provides the ministry with information in order to track the virus. This means recording the age and gender of the client. But no record of names of those testing positive is kept.

"People co-operate very well and the return rate to the clinic for test results on individuals who are HIV-positive is between 90 to 95 per cent in the men's clinic and 100 per cent in the women's clinic," said Tripp.

"That's why our program is so successful and we get so many people from all over the province," Tripp said. "They do want to learn more about the virus, they do want to know what their status is and they want it to be private."

The Hassle Free Clinic is located at 556 Church St. (2nd floor). Appointments can be made by phone and there is usually a two-week waiting period. The women's clinic can be reached at (416) 922-0566 and the men's clinic at (416) 922-0603.

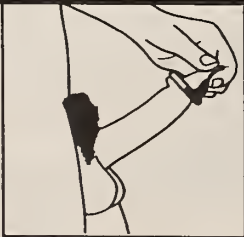


1. Open carefully.

Rough handling or long fingernails can damage the condom.

2. Get the lube.

Make sure it's water-based (like K-Y, Lubefax, ForPlay or Mucio). Don't put any on the penis, but put a drop just in the tip of the condom. This increases sensation without letting the rubber slip off.



3. Place and pinch.

Put the rubber at the end of the un lubricated penis (if uncircumcised, pull back the foreskin first) and pinch out the air in the receptacle tip. This leaves a space to catch the cum. (if the condom doesn't have a receptacle tip, leave a half-inch free at the end — and make sure there's no air in it.)



4. Roll it on.

Unroll the rubber right down to the base of the penis. Smooth out any air bubbles as you do — air trapped inside a condom could make it break.



5. Lubricate.

Use lots of lube — the more slippery the rubber, the less likely it is to break or come off during sex. Again — make sure it's water-based lube. Oil-based lubricants like Vaseline or mineral oil are out — they weaken latex and could make the condom break.



6. Afterwards . . .

Pull out soon after coming. Hold the rubber at the base of the penis to make sure it doesn't slip off and no cum spills out.

7. Throw the used rubber away.

You should never use a condom more than once. And never use the same condom to have sex with more than one partner — doing that could help spread infections from one person to the other.

Complicated?

Not really. And not at all once you get comfortable with rubbers. You and your sex partner will be more comfortable with each other, too, knowing you're taking a little care to keep each other healthy.

Authorities say the use of a latex condom greatly reduces the risk of transmission of the HIV virus, but how to properly use a condom remains unclear for some. "More often than not, condom failure is not the result of weak or poor condoms but of improper use. Condom failure is rare, people failure is common." — Josee Duffhues, supervisor, AIDS program for the Waterloo Regional Health Unit.

(Graphic courtesy the AIDS Committee of Toronto.)

AIDS: Conestoga College has a policy

AIDS like any other disability

By Lyn McGinnis

Students at Conestoga who have AIDS will be treated the same as anyone else with a disability.

"HIV is considered a handicap," said Josee Duffhues, supervisor of the AIDS Program at the Waterloo Regional Health Unit.

"AIDS is considered a handicap (under) the Ontario Human Rights Code and people with a handicap cannot be discriminated against. But, they are the same as anyone else, you're in your job as long as you're capable of performing the essential duties," she said.

"We looked at AIDS as a chronic illness, just like cancer is a chronic illness." - Elizabeth McNair

Rick Casey, co-ordinator of the special needs office at the college, agreed. He said students identifying themselves as HIV-positive to his office would be entitled to whatever accommodations would be necessary to ensure they had equal access to education.

Joan Magazine, counsellor at student services, said such students would "need to look at adjusting their course load. They can continue to pursue school, but they may not be able to handle as much."

Elizabeth McNair, a community liaison teacher with the nursing faculty at Doon who was a member of the college's AIDS/HIV policy committee, said the group agreed that an HIV-positive person should not be treated differently from someone with any other chronic condition.

"We looked at AIDS as a chronic illness, just like cancer is a chronic illness," McNair said.

"What we decided is that AIDS is not going to be isolated from other issues. But we did need an AIDS policy because it was a current concern," she said.

But the policy also says the college must ensure an HIV-positive person will not be in a situation which may result in a safety or health hazard to themselves or others.

According to Mark Davies, education director at the AIDS Committee of Cambridge, Kitchener-Waterloo and Area, (ACCKWA), the concern is with dementia. It is a symptom of the later stages of AIDS, where the virus crosses the blood-brain barrier, causing loss of memory, failure of eye-hand co-ordination and fainting spells.

"It fits with the human rights code," said Josee Duffhues, supervisor of the AIDS program for the Waterloo Regional Health Unit.

"That's a standard clause; you'll find it everywhere," she said. "It basically means that, for example, if

someone were to have dementia, but is responsible for operating heavy equipment, they may have a problem and would be putting themselves and others at risk."

"These things are so situational," said John Mackenzie, Conestoga's vice-president of human resources, who is responsible for administering the policy.

"There's always a question of the individual's rights and the rights of others. And in a sense, the rights of the college as an institution. In some cases, you may be balancing those," he said.

"There's always a question of the individual's rights and the rights of others. In some cases, you may be balancing those." - John Mackenzie

Malcolm Rostance, health and safety co-ordinator, said the college is "legislated from here to next Christmas, but one thing we have to do is abide by the occupational health and safety act. Which means that this college must provide for its employees a safe working environment. Who says what is safe? Let's say that a guy suffers from blackouts; will we let him drive a truck?"



Mark Davies, education director of the AIDS Committee of Cambridge, Kitchener-Waterloo and Area, (ACCKWA) re-arranges some teddy bears on a cot reserved for clients ill with some symptoms of AIDS visiting the centre.

(Photo by Lyn McGinnis)

If such a situation arose, the first people to approach the person would be the college nurses, who would talk to them about the risks involved. The person might speak with the college physician, Dr. John Kan.

"We would deal with it first," said Marilyn Fischer, senior college nurse. "And then Dr. Kan would speak with them, if necessary. He would decide how he would handle it. But his decision would be final."

The intent of the policy was not only to protect others from hazards of someone suffering from a chronic condition, but protect the person as well.

"There are other people with immune deficiencies," said McNair.

"Even a person who is on chemotherapy, with cancer, has an immune deficiency. Is it safe for them to be working in early childhood education where every second child has a communicable disease?"

Confidentiality

College guarantees to keep all information about HIV-positive students and staff

By Lyn McGinnis

Anyone at Conestoga College who is HIV-positive and informs the school nurse can feel safe the information is confidential, say college health officials.

The AIDS/HIV policy of the college states all information supplied to health services will be kept in strict accordance with provincial legislation.

"Any information that would be in this office would not go further than this office." - Marilyn Fischer

"Any information that would be in this office would not go further than this office," said Marilyn Fischer, senior nurse at Doon campus.

"The only people that would have access would be Dr. John Kan, the campus doctor, and the nurses. That's where it would end."

Malcolm Rostance, the health and safety and environmental co-ordinator for human resources, confirmed Fischer's statement.

"I'm their supervisor and I don't even see the records; I don't have a key to the record cabinet," he said. Rostance said while a person suf-



Midge Ennis, a nurse with the health and safety department at Doon, demonstrates how much a condom can hold. They are free at health and safety, you can also speak confidentially about HIV.

(Photo by Lyn McGinnis)

fering from an illness is under no obligation to tell the college, sometimes it's a good idea.

The human resources department recommends that if you do have a medical complaint that you discuss it with one of the nurses or a counsellor.

"For example," Rostance said,

"if someone suddenly falls down with an epileptic seizure, (we might) have no idea what it is.

You don't have to identify yourself. We want you to identify yourself for your own safety."

If health and safety department staff were to learn that at a given time there were six HIV-positive

people at the college, Fischer wouldn't inform the administration of the number.

"We certainly wouldn't go over to them and say 'just for your information, we want you to know that we have six.'"

"I don't think that they would really need to know that," she said.

John Mackenzie, vice president of human resources and responsible for administering the policy, agreed that college officials should not be told such information.

"The minute you announce something at a management meeting like 'this year we have six HIV-positive students or staff,' people would immediately want to know."

"The minute you announce something at a meeting, like 'this year we have six HIV-positive students or staff,' people would ask 'well who are they?'" - John Mackenzie

"They would ask 'well, who are they, what program are they in,' and so on," Mackenzie said.

Rostance said each case would be dealt with on an individual basis. "Now, I can give you a 110 per cent guarantee," said Rostance.

"If you are in there and you're having a Band-aid put on, they cover your name up on the sheet, that's how careful they are."

AIDS: mysteries and myths

Being sexually explicit is necessary and healthy

By Lyn McGinnis

There's a problem with the need to talk about safer sexual practices and social attitudes, said Josee Duffhues, supervisor of the AIDS program for the Waterloo Regional Health Unit.

"The safer sex message that's going out to the general public has been carefully laundered so as not to offend. It's not explicit enough." - Josee Duffhues

"The safer sex message that's going out to the general public has been carefully laundered so as not to offend. It's not explicit enough," she said.

Susan Barkman, director of development at Youth Link, a Sexually Transmitted Disease project in Toronto, said "the general feeling in our agency about safer sex messages is that it's too watered down, 'waspyish,' and too middle-class. It's aimed at all the wrong people."

Burna Wilton, executive co-ordinator of Planned Parenthood for Waterloo Region said she deals with the daily frustration of educating the public about combating AIDS with safer sex, to a community resisting the topic being spoken openly.

"It's a very lonely time as sexual health educators to keep beating the same drum saying we have to be honest, we have to send out a really good message about healthy sexuality," Wilton said.

These and other members of sexual awareness and health organizations, said they are not only battling a lack of awareness among young people, but social inhibitions about sexuality, making open discussion of the issues difficult.

Duffhues said society needs to get more comfortable about sexuality and completely non-judgmental about it.

Wilton said she sees a culture that is very ambiguous about sexuality. "Sex has been a taboo topic in our culture for a long, long time. But we really like to make money with it. We sell everything with sex. So we are caught in the cross fire."

Joyce Askwith, psychiatry professor and former chair of human sexuality for McMaster University medical school, says the problem involves cultural inhibition, an over-empha-

sis on penetrative sex and an inadequate language for sexuality.

"Teenagers get very mixed messages." - Joyce Askwith

She said we need a more precise language and creative language to talk about sex.

She wondered how people sort out their use of sexuality if they don't have a language to negotiate and think about it with. "So I think teenagers get very mixed messages," she said.

Duffhues said social attitudes around sexuality are outdated, such as refraining from sexual activity until married, is unrealistic in today's society.

"That may have worked very well in the days of Romeo and Juliet when she was 13 and he was 14," Duffhues said.

"That doesn't work when people have to go to school, get their career established and aren't getting married until they are in their mid-to-late 20s. By then on average they've had six to eight sexual partners.

"You have advertising, you have a whole society which sets sex up as the be all and end all, on the one hand, and as the worst sin and

the crime of the century and everything forbidden and taboo on the other," said Duffhues.

Askwith said while there might be more sexual imagery in advertising, there is less honesty and creativity in how people relate to each other sexually.

"Many human beings can't do it because they haven't been taught. They've been taught not to talk," Askwith said.

Duffhues said we have to come to terms with our own sexuality for our physical and emotional health.

"Almost everyone wants to have sex." - Josee Duffhues.

"Almost everyone wants to have sex. Almost everyone ends up masturbating, almost everyone at one point or another, is going to make love to another human being," she said.

"A good number of us are going to experiment with the same sex too, that's human nature. So instead of denying it, let's learn from it and be wise about it. Let's eroticise protecting ourselves, rather than taking risks."

Mystery: a dentist infects clients with AIDS

By Lyn McGinnis

Investigators say they may never know how five of 850 clients contracted the AIDS virus at a dental office in Florida where the dentist was HIV-positive.

Kay Golam, press officer for AIDS at the Centres for Disease Control in Atlanta, Ga., said in a telephone interview the centre has been conducting an investigation into the case but hasn't found a cause.

"It's an ongoing investigation. The specific mode of transmission of the virus is still unknown. It may never be known," Golam said.

Dr. Minna Stein, the deputy registrar of the Royal College of Dental Surgeons of Ontario, agrees.

"It's a puzzle. We've had so many dental procedures done and this has never happened before. This is really a very bizarre happening. And nobody knows why," said Stein.

"What originally was thought is maybe the dentist injured himself and he bled into the patient during a procedure. But the chances of him cutting himself and bleeding into five patients at five different times,

I mean, he would have to have been quite a klutz," she said.

Janis Tripp, a paramedical counsellor at the Hassle Free Clinic in Toronto, is convinced there is more to the incident than has been reported so far. She said other colleagues share her doubts.

"We know the virus is transmitted from a body fluid directly into another person's blood stream. I can't think of any procedure going on in a dentist's office where that would happen," Tripp said.

"Virtually, someone would have to have an open cut, would have to be bleeding profusely into an open wound or the bleeding gum or another person in order to transmit it. I can't think of a procedure where that happens," said Tripp.

Stein said other theories suggest the dentist didn't follow the recommended guidelines for sterile procedure in the office. He reportedly cleaned and reused disposable items and disinfected instruments for only a few minutes instead of the recommended time, usually 10 minutes.

"But the virus is very fragile," said Stein. "When you put it into

any disinfecting solution it is killed almost immediately. And we keep instruments in for much longer than is necessary to kill the organism."

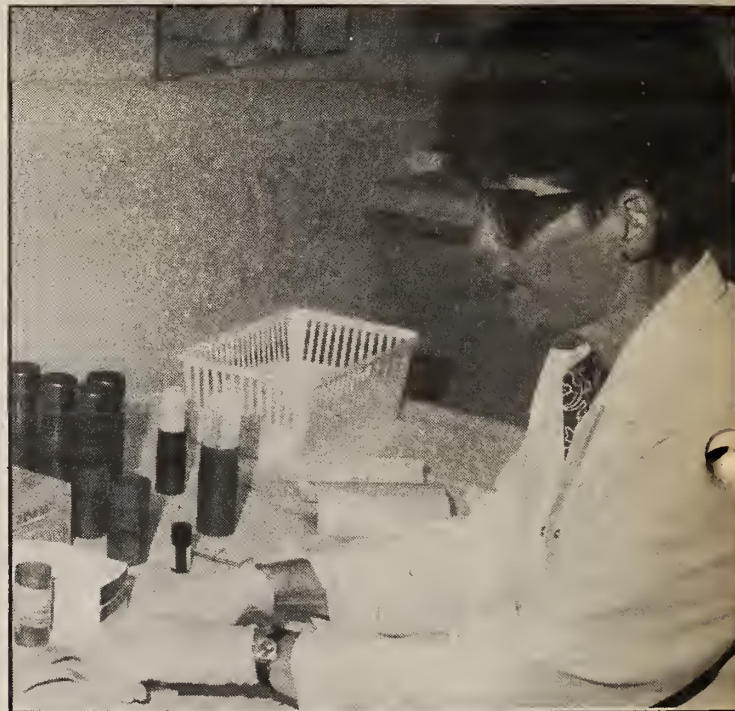
Golam said the Florida dental practice is still the only case the Centres for Disease Control knows of in which there is a known transmission of the HIV virus from any kind of health care worker to a client. It is also unusual in that the actual way the virus was transmitted is unclear.

Stein said it is unfortunate one very unusual case has so many people concerned. There are millions of dental procedures that have and are being done today in North America without any one acquiring the virus she said.

Tripp said while the case is mysterious, she knows the facts and respects the professional abilities of her dentist.

"I'm certainly not afraid to see my dentist or be seen by a physician because I know how it's transmitted.

"I know what precautions to take and I know other people do too," she said.



Elaine Metcalf, registered nurse with the Sexually Transmitted Disease clinic at the Waterloo Regional Health unit, shows some of the disinfectants as well as gloves and goggles used to protect health care workers against possible transmission of the HIV virus.

(Photo by Lyn McGinnis)

Safer sex made sexy by gay community

By Lyn McGinnis

According to Mark Davies, education director for the AIDS Committee of Cambridge, Kitchener-Waterloo and Area, (ACCKWA), the heterosexual community could learn from the gay community's current attitude toward safer sex.

Josée Duffhues, supervisor for the AIDS program at the Waterloo Regional Health Unit, said this attitude is in sharp contrast to the heterosexual community's continuing resistance to the safer-sex message.

She said the gay community has taken the opposite approach, being completely open with safer-sex information.

"It's been hard-hitting and blunt. Safer sex has been made sexy in the gay community. It has been eroticised. Using latex has become erotic. So for the gay community at this point in time, most of the people involved wouldn't consider having a sexual encounter without latex, it's just an automatic given," Duffhues said.

Janis Tripp, a paramedical counsellor at the Hassle Free Clinic in Toronto, said the gay community's safer sex is showing up in the sharp reduction of other sexually transmitted diseases, which health officials track to make estimates of HIV infection.

"We can show the decrease in gonorrhea in the gay population, which has gone down so dramat-

ically since the whole issue of HIV. It's been an enormous, encouraging response. I just wish that the same kind of response would fall into the heterosexual community."

Joyce Askwith, professor of psychiatry and former chair of human sexuality at McMaster University medical school, has also seen this trend.

"Now, they are into courting more. Penetration sex is not the necessity that it had been, to the point where there are many who are no longer using penetration as part of their sexuality. They are being much more creative and artful and getting the emotional component added on to the physical. I think heterosexual society has to get more into that," she said.



Graphic courtesy Planned Parenthood.